



Self Worth Journal Prompts

for Anyone

What are 3 things I love about myself?

1.

2.

3.

When do I feel most like myself? Why?

How do I define self worth? How do I know I have it?



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What is a strength I have that others often recognize in me?

What do I appreciate about the way I handle challenges?

How have my unique experiences shaped the person I am today?
