Confidence and Self-Esteem Journal





BOOKS



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How do you feel about yourself today?

When did you start having low self-esteem?

What makes you feel better about yourself?

Are you impacted by other people's opinions?

Why do other people's opinions matter so much to you?

What are you an expert in?

What is a unique skill or talent you have?

In what ways are you intelligent?

In what ways are you kind?

In what ways are you talented?

In what ways are you creative?

List 10 reasons you make an amazing person.

List 10 things that make you beautiful.

List 10 of your best personality traits.

What do people love about you?

What do you get complimented on often?

List how you are valuable to your friends.

What makes you a wonderful friend?

How do your friends make you feel?

How does your family make you feel?

What triggers you emotionally?

What hurts your self-confidence?

Write a love letter to yourself.

What are some big goals you have accomplished?

What do you feel a sense of pride about?

What do you need to forgive yourself for?

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Who are you really?

Who do you really want to be?

What do you love about yourself?

What do you love about your life?

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Are you afraid to go places alone?

What would you do if you experienced no fear?

Why do you deserve to be loved?

Why do you deserve to be desired?

What makes you a catch?

What have you always appreciated about yourself?

When was the last time you did something for yourself?

What is currently making you feel confident?

What is taking away from your confidence?

What affects your self-esteem?

How often do you fight off feelings of insecurity?

What makes you feel insecure?

Do people in your life make you feel insecure?

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Who in your life makes you love yourself even more?

List the most supportive, loving people in your life.

Why are you valuable to this world?

What impression do you give off?

What do you want people to remember about you?

What do you wish people saw more of in you?

Write a stream of consciousness about your inner beauty.

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