

Journal Prompts - Self-Esteem

Self-Reflection & Awareness

1. What are three qualities about myself that I am proud of?
2. How do I define self-worth, and what makes me feel worthy?
3. Write about a time I overcame a challenge and what I learned from it.
4. What negative beliefs about myself do I often struggle with? How can I reframe them?
5. When I compare myself to others, what emotions arise? How can I focus more on my own journey?

Confidence & Self-Image

6. Describe a recent situation where I felt confident and why.
7. How do I show love and care to myself on a regular basis?
8. What are some things I love about my body, mind, and spirit?
9. What compliments do I often dismiss, and how can I learn to accept them?
10. What is one thing I could do today to boost my self-esteem?

Self-Compassion & Growth

11. How do I react when I make a mistake, and what would I like to do differently in the future?
12. How can I practice more self-compassion during tough times?
13. What makes me feel accomplished, and how can I celebrate those moments?
14. How would I encourage a close friend or loved one who is struggling with their self-esteem?
15. What is one area of my life where I could be more gentle and forgiving with myself?

Affirmations & Positive Mindset

16. What are some positive affirmations I can tell myself each morning?
17. How would I describe my ideal "healthy" self-esteem, and what steps can I take to cultivate it daily?
18. How do I handle criticism, and what steps can I take to receive it with grace and growth?
19. What qualities in others do I admire, and how can I develop those qualities in myself?
20. What small steps can I take today to nurture my self-esteem?