

Journaling Prompts for Low Self-Esteem

1. What are 5 things I've done that required courage or strength?
2. Where did I learn to believe I wasn't enough? Is that source trustworthy?
3. How would I describe myself to someone who loves me?
4. What strengths do others see in me that I might minimize or deny?
5. What am I proud of, even if it seems small?
6. What parts of me have I hidden to feel accepted? What might it be like to show them?
7. Write a letter to your younger self, reminding them of their worth.
8. What limiting beliefs about myself am I ready to challenge?