

Journal Prompts

FOR SELF-ESTEEM

Self-esteem is a foundational aspect of our psychological well-being, influencing how we perceive and navigate the world. Building and maintaining positive self-esteem is an ongoing process that involves self-reflection, self-compassion, and the development of healthy coping mechanisms.

Positive Attributes:

List five qualities or skills that you appreciate about yourself.

How have these attributes positively influenced your life or the lives of those around you?

Achievements:

Reflect on a recent accomplishment, big or small. How did it make you feel, and what did you learn from the experience?

Reflect on the skills and strengths that contributed to these accomplishments.

Body Appreciation:

List three things you appreciate about your body, focusing on function rather than appearance.

Reflect on how your body has supported you throughout your life.

Facing Challenges:

Describe a time when you faced a challenge and overcame it. What strengths did you discover within yourself?

How can you use past challenges as evidence of your resilience and capability?

Setting Boundaries:

Explore the boundaries you have set in your life. Are there areas where you need to establish or reinforce boundaries to protect your well-being?

Reflect on a time when setting a boundary positively impacted your self-esteem.

Relationships:

Evaluate the people in your life. Are there relationships that contribute positively to your self-esteem?

Identify any recurring unhealthy relationship patterns that may be affecting your self-esteem. How can you break these patterns and cultivate healthier connections?

Self-Care:

Describe your favorite self-care activities and how they contribute to your overall well-being.

Write a compassionate letter to yourself, acknowledging your strengths, efforts, and the progress you've made. Treat yourself with the kindness you would offer a friend.

*The conversations you have with yourself are important.
Nothing speaks louder than your inner voice.*

Beyond Your Mask