



CONFIDENCE- BUILDING

JOURNAL

Embracing My Best Self Every Day

What is one thing you like about yourself and why?

A series of horizontal dotted lines for writing.

Write about a time you stepped outside your
comfort zone and succeeded.

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What are three qualities you admire most
about yourself?

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Reflect on a compliment you've received that
meant a lot to you.

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What is a fear you've conquered in the past?

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Write about a recent achievement that made you proud.

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What makes you unique, and how do you
celebrate that?

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Reflect on how you previously handled a difficult situation with confidence.

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What is one way you can show yourself more self-love today?

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Write about a time you helped someone and
felt good about it.

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What strengths do others see in you that you sometimes forget?

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What is one way you've grown as a person in the last year?

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Write about an outfit or style that makes you feel confident.

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What is one small goal you achieved today?

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Reflect on your proudest accomplishment to date.

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What is one thing you can do this week to
boost your confidence?

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Write about a role model who inspires you to
be your best self.

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What is a skill or talent you're proud of?

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Write a list of things that make you feel
empowered.

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Reflect on how you've turned a weakness into a strength.

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What is a positive risk you could take to raise your confidence?

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Write about how you define success for
yourself

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What is one thing you've always wanted to try
but haven't yet?

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Reflect on how you've grown more comfortable
in your own skin.

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What is something you've said "yes" to recently that challenged you?

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Write about a moment when you felt
completely at ease being yourself.

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What is one way you can be kinder to yourself?

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Reflect on how your confidence has grown
over time.

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What is one thing you've done that you never thought you could do?

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Write about a time you stood up for yourself
or someone else.

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What is a positive affirmation you can repeat
to yourself today?

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Reflect on how you handle criticism or self-doubt.

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What is one way you celebrate your personal growth?

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Write about a fear you're ready to let go of.

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What is something you admire about your
personality?

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Reflect on how you've inspired someone else.

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What is a personal boundary you've set, and why are you proud of it?

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Write about something new you've learned
about yourself recently.

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What is one area of your life where you feel confident and capable?

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Reflect on how you feel when you achieve a goal.

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What is one thing you can do to boost your self-esteem today?

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Write about a compliment you can give
yourself right now.

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Reflect on a moment when you felt truly proud
of yourself.

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What is one skill or quality you'd like to develop?

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Write about a time when you turned a failure into a learning opportunity.

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What is one thing you love about your appearance?

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Reflect on a past challenge and how you overcome it with courage.

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What is something new you'd like to try to increase your confidence?

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Write about how you can use your strengths
to help others.

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Reflect on how embracing your authentic self
has empowered you.

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