

35 Journal Prompts For Self-Esteem

1. When do you feel good about yourself?
2. What makes you feel confident?
3. How can you accept yourself more?
4. In what areas of life are you most hard on yourself?
5. What negative thoughts or feelings can be most easily refuted?
6. What negative thoughts or feelings point to the need to take action somehow?
7. And what negative feelings point to the need for a mindset shift or mental re-framing?
8. What can you do to feel better about yourself today?
9. What new routines can you create to improve self-esteem going forward?
10. What are you grateful for today?
11. What went well today?
12. Describe what you like about your appearance.
13. About your personality.
14. About your innate and natural skills.
15. About your spirit.
16. About your lifestyle, home, family, and friends.
17. List three things about you that make you unique.
18. What are your favorite compliments to receive?
19. Reflect on a recent success.
20. Write about a time you were proud of yourself.
21. What good decisions have you made lately?
22. What inspires you to improve your self-worth?
23. What can you do for self-care to improve self-esteem?
24. What can you do within your relationships to improve self-esteem?
25. Within your work life?
26. At home or in your downtime?
27. Where do you think your feelings of negative self-esteem are rooted?
28. How can your spirituality help you shift your feelings?

29. Do you believe you can improve your self-esteem? Why or why not?
30. How do you want to feel each day?
31. What self-talk can you improve?
32. Journal 5 positive affirmations for self-love.
33. Journal 5 things to forgive yourself for.
34. Journal about anyone else you need to forgive.
35. How can you amplify what's already working for you or what's already bringing you joy?