

# Guided Journal for Building Self-Esteem and Confidence

## Day 1: Self-Reflection

*Prompt: How do you currently see yourself? Write about your strengths, weaknesses, fears, and hopes.*

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*Prompt: What would a supportive friend say about you today?*

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## Day 2: Self-Compassion

*Prompt: Write about a recent mistake or failure. How can you respond with kindness instead of criticism?*

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*Prompt: How is your struggle a part of common human experience?*

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## Day 3: Challenging Negative Thoughts

*Prompt: Write down a recurring negative thought. What evidence supports or contradicts it?*

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*Prompt: What would a more balanced or realistic thought look like?*

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## Day 4: Values and Identity

*Prompt: What are your top 5 values? Why do they matter to you?*

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*Prompt: Describe a time when you lived in alignment with one of these values.*

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## Day 5: Confidence Through Action

*Prompt: Write about a small goal you will complete this week. Why does it matter to you?*

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*Prompt: Describe a recent challenge you overcame and what it taught you.*

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## Day 6: Social Confidence

*Prompt: Write about a time you expressed yourself assertively. How did it feel?*

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*Prompt: What boundaries would you like to set in your relationships?*

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## Day 7: Weekly Reflection

*Prompt: What are three things you're proud of this week?*

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*Prompt: What challenges did you face with courage?*

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*Prompt: How has your self-perception changed over the past 7 days?*

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