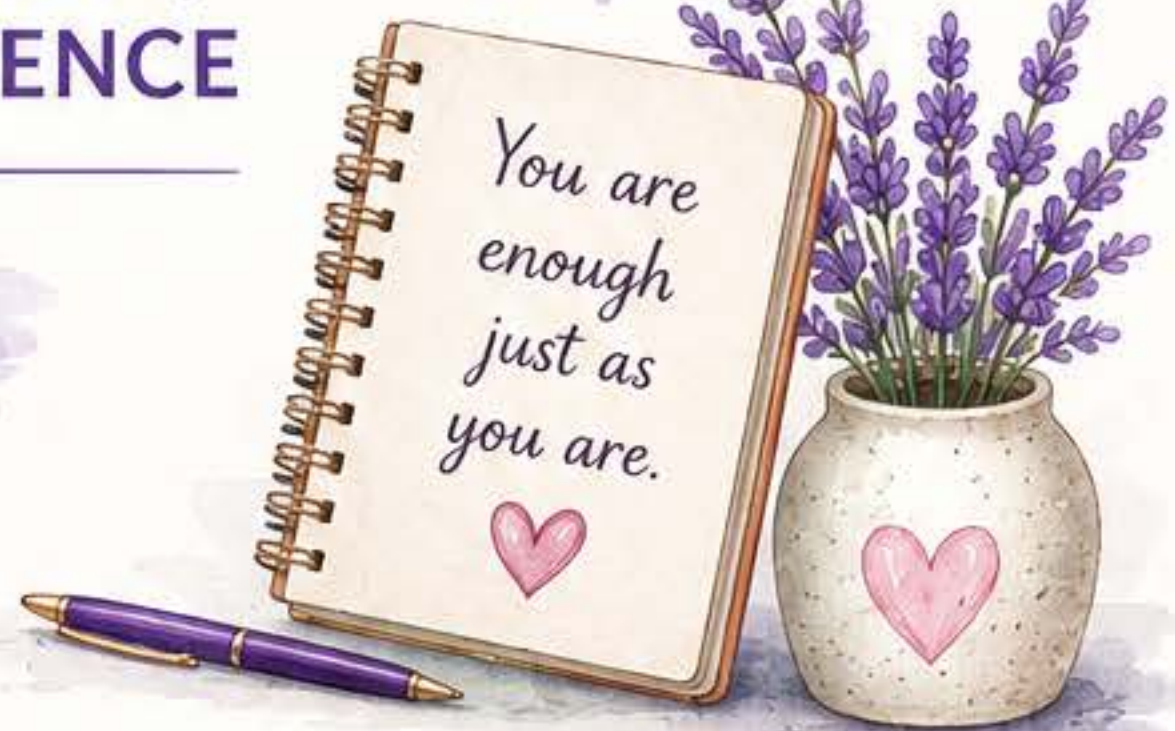


100 Journal Prompts

FOR SELF-EXPLORATION, SELF-LOVE & CONFIDENCE

Use these prompts to reflect, grow, and connect with the amazing person you are becoming. ♥



SELF-EXPLORATION



1. Who am I outside of my roles and responsibilities?
2. What are three words that best describe me?
3. What matters most to me right now?
4. What values guide my decisions?
5. What brings me genuine joy?
6. When do I feel most like myself?
7. What activities make me lose track of time?
8. What are my greatest strengths?
9. What are my biggest fears?
10. What lessons have I learned from difficult experiences?
11. What am I most proud of overcoming?
12. How have I changed in the past five years?
13. What kind of person do I want to become?
14. What do I need more of in my life?
15. What do I need less of in my life?
16. What dreams have I put on hold?
17. What does success mean to me?
18. What does happiness look like in my life?
19. What does my ideal day look like?
20. What do I wish more people knew about me?
21. What parts of myself do I keep hidden?
22. What am I curious about exploring?
23. What boundaries do I need to create?
24. What patterns keep repeating in my life?
25. What would I do if I knew I couldn't fail?



UNDERSTANDING YOUR STORY



26. What messages did I receive about myself growing up?
27. What compliments did I hear most often as a child?
28. What criticisms still affect me today?
29. What experiences shaped who I am?
30. What family traditions do I want to keep?
31. What patterns do I want to break?
32. What childhood memories make me smile?
33. What experiences made me feel unseen?
34. When did I first feel confident?
35. When did I first doubt myself?
36. How has my past influenced my relationships?
37. What experiences taught me resilience?
38. What pain have I survived?
39. How have challenges made me stronger?
40. What would I tell my younger self?



SELF-LOVE



41. What do I appreciate about my personality?
42. What qualities make me a good friend?
43. What qualities make me lovable?
44. What makes me unique?
45. What are five things I like about myself?
46. How do I show kindness to myself?
47. What does self-love mean to me?
48. What do I need to forgive myself for?
49. What parts of myself deserve more compassion?
50. What are my emotional needs?

51. What are my physical needs?
52. What are my spiritual needs?
53. What makes me feel cared for?
54. What activities refill my energy?
55. How can I treat myself with more gentleness?
56. What negative self-talk do I want to challenge?
57. What affirmations do I need to hear?
58. How do I know when I need rest?

59. What does taking care of myself look like?
60. What am I learning to accept about myself?
61. How can I celebrate myself today?
62. What am I grateful for about who I am?
63. What would loving myself unconditionally look like?
64. What do I deserve more of in my life?
65. How can I honor my feelings today?



KALEIDOSCOPE
— COUNSELING, PLLC —

SEEING YOU. SUPPORTING YOU. EMPOWERING YOU.



*You are worthy
of the love you
keep trying to give
everyone else.*



100 Journal Prompts

FOR SELF-EXPLORATION, SELF-LOVE & CONFIDENCE



BUILDING CONFIDENCE

66. What accomplishments am I most proud of?
67. What obstacles have I overcome?
68. When have I felt brave?
69. What skills have I developed?
70. What strengths help me through difficult times?
71. What challenges have I successfully navigated?
72. What do others appreciate about me?
73. What goals have I achieved?
74. What are my hidden talents?
75. What is something I once thought I couldn't do but now can?
76. What risks have helped me grow?
77. What would I attempt if I believed in myself completely?
78. What does confidence feel like in my body?
79. What situations make me doubt myself?
80. How can I encourage myself during those moments?
81. What compliments are difficult for me to accept?
82. Why do I deserve to believe in myself?
83. What personal qualities make me resilient?
84. What strengths do I underestimate?
85. How can I trust myself more?



GROWTH & FUTURE SELF

86. What kind of life do I want to create?
87. What habits support my well-being?
88. What habits no longer serve me?
89. What does my healthiest self look like?
90. What boundaries would help me thrive?
91. What goals excite me?
92. What small steps can I take toward my dreams?
93. How do I want to be remembered?
94. What kind of relationships do I want in my life?
95. What would make me feel fulfilled?
96. What is one thing I can do today to invest in myself?
97. What does becoming my best self look like?
98. What would my future self thank me for?
99. What message do I want to leave for myself one year from now?
100. What is one thing I deeply know to be true about myself?

A Gentle Reminder:

There is no right or wrong way to journal.
Your journey is uniquely yours.
Be honest. Be kind. Be patient with yourself.
You are growing every day.

TIPS FOR YOUR JOURNALING PRACTICE



Be honest
with yourself.
There are no right
or wrong answers.



Write freely.
Let your thoughts
flow without
judgment.



Give yourself
time and space.
There's no rush.
Go at your own pace.



Come back
whenever
you need to.
Your journal is here
for you, always.



KALEIDOSCOPE
— COUNSELING, PLLC —

SEEING YOU. SUPPORTING YOU. EMPOWERING YOU.

You
matter.

Believe in yourself.
You are capable of
amazing things.

