

KRISTEN'S SELF-CARE

Journal Prompts



KristenAme
Positive Psychology

Confidence

1. How do positive thoughts promote confidence?
2. How do your parents encourage you to be more confident?
3. When you're feeling confident, what emotions do you experience?
4. Of the people in your life, who makes you feel the most confident?
5. What does it mean to have confidence?
6. How do you think confidence relates to happiness?
7. When you want to feel more confident, what do you do?
8. How can you help other people feel more confident?
9. Do you ever have trouble making decisions? How can you work to make choices more quickly and with more confidence?
10. What types of things make you feel confident?

Self-Esteem

1. What is self-esteem?
2. Why is it important to have high self-esteem?
3. What kinds of things hurt self-esteem? How can you discourage these activities?

About Myself

1. How do you want to feel when you wake up in the morning?
2. What are some of your values in life?
3. Did you feel stressed or anxious today? If so, what triggered that feeling, and what did you do to soothe or calm yourself?

4. What is one thing you can improve on (time management, communication, etc.), and how can you do this?
5. What is one thing you need to let go of?
6. What is one place you would love to travel to and why?
7. What is one thing you are scared to do, and how can you overcome it?
8. Was today a difficult day? If so, what made it difficult? What are some things you do to cope with days like this?
9. What is one problem you had today, and what was your solution to this problem? Was it the best way you could have handled it?
10. Think about a past mistake you made. What did you learn from the experience and how can it be applied to your future?
11. What can you learn from the issues I'm currently facing?
12. What is your greatest talent?

13. What is the best compliment you've ever received?

14. What is your favorite thing to do? How do you feel when you work on this activity?

15. What does it feel like when someone recognizes something you worked hard to do?

16. What makes you feel like a strong person?

17. What do you do when you see a classmate struggling with something?

18. Name three qualities you love about yourself.

19. How do you think other people see you? How would you like others to see you?

20. How do you know when you've succeeded at something?

21. What is your greatest strength?

22. What is the greatest feeling you've ever had?

23. Why is it important to congratulate people who do well?
24. How do you celebrate yourself when you do something well or accomplish a goal?
25. What do you see when you look in the mirror?
26. How do you cope with negative thoughts?
27. Do you talk to yourself with the kindness & compassion that you show your friends? If not how can you change that?
28. How do you feel when you earn good grades?
29. What is your biggest goal? How will you achieve it?
30. What makes you happy?
31. How do you feel when you journal regularly?
32. What is it like to try something new?
33. What is the bravest thing you've ever done?

34. How do you feel when someone gives you a compliment?

35. Why is it important to spend time with people who appreciate your best qualities?

36. What is something you have done well recently?

37. Do you spend time worrying about what other people think? How does this feel?

38. When do you feel proud of yourself?

39. Write about a time when you struggled with something new.

What did you do to improve?



About Loved Ones

1. Who makes you feel supported, calm and brave? How can you lean on them in times of need?
2. Everyone should have someone that they feel safe being themselves with. Who is your safe person and why?

Activities

1. List five good things about today.
2. Make a list of twenty things that make you happy.
3. Write down the lyrics to a song that makes you happy. What is it about this song that makes you feel this way?

4. Draw a picture of something that makes you happy. Write about the picture.

5. Write about something that you are scared of.

6. Write a letter to your future self.

7. Write about a time when you made a great choice.

8. Write about a unique quality you have that makes you special.

9. Write down five things that define who you are, listing them as

"I am ____," statements. Take a few minutes to think about each one. Which quality feels the best?

10. Write about a unique quality you have that makes you special.

11. Write about a time when you did something you were afraid to try. How did you feel afterward?

12. Write about a person you admire. What qualities do you have in common with this person?

13. Write about your greatest success.

14. Write about your favorite physical feature.

15. Write about your favorite intellectual quality.

16. Write about a time when you helped another person. How did it make you feel?

17. Make a list of ten things you're good at doing. How do these things make you unique?

18. Write about three things that make you happy. How can you spend more time on these things each day?

19. Write about a time when you made a great choice.

20. What is something that you don't like about yourself, feel insecure about or feel ashamed of? Write yourself a letter about how to handle those things as if you are talking to a friend.

21. Changing your thoughts can change your life. Identify three negative thoughts you have often. Rewrite them in a positive way.

