

# WITH ME IN MIND

## Wellbeing

### 30 journal prompts for self-esteem

- 1 The best compliment you've been given.
- 2 What is a unique talent you have?
- 3 Write about a time you were recognised for your accomplishments.
- 4 5 things you did right today.
- 5 Describe a mistake you made in the past week.
- 6 3 reasons you deserve to be loved.
- 7 A time you regretted your decision.
- 8 Write about the word confidence.
- 9 List of goals to accomplish in the next year.
- 10 Devise a plan for your three priority goals.
- 11 Talk about your favourite role model.
- 12 Your best personality trait.
- 13 5 things you are grateful for in life.
- 14 What is the most negative thought in your brain right now?
- 15 What does the word 'courage' mean to you?
- 16 A past fear you were able to overcome.
- 17 Thank you letter to your mind or body.
- 18 Something you want to change or improve to feel better about yourself.
- 19 10 things you are thankful for right now.
- 20 Favourite self-esteem and confidence quotes.
- 21 Something you need to tell someone negatively affecting your life.
- 22 Discuss your support system.
- 23 Playlist of mood-boosting songs.
- 24 How could you make your life positive.
- 25 Do you compare yourself to others?
- 26 What unique traits do your friends envy?
- 27 One thing you can do right now your future self will love you for.
- 28 What does the word 'brave' mean to you?
- 29 5 things you have done for others that made you feel good.
- 30 What does it mean to have high self-esteem?