

# 31 JOURNAL PROMPTS FOR BOOSTING YOUR CONFIDENCE

- DAY 1: What does confidence mean to me? Why is it important?
- DAY 2: What are my talents? What am I skilled at? What am I most confident doing?
- DAY 3: What did I do today that I did with certainty? What made me sure about it?
- DAY 4: Who is the most confident person that I know personally? Do I have a good relationship with them? If not, what can I do to improve my relationship with them?
- DAY 5: When was I the most motivated in life? What was I doing? How was my confidence?
- DAY 6: What do I get most complimented on? Have I received any compliments in the past month? If so, what were they?
- DAY 7: Who encourages me the most? Have they always been confident in themselves? Do they have any qualities similar to mine? Do I have good qualities in them?
- DAY 8: If I can picture a more confident self 3-5 years from now, what am I doing?
- DAY 9: I am beautiful & uniquely created by God. My heart is special because He works on it. What makes me stand out from the rest?
- DAY 10: What parts of my body are my favorite/best features & why?
- DAY 11: What do I believe are the 3 most important qualities confident people possess? How can I apply these qualities/how have I been applying these qualities into my daily life?
- DAY 12: Having ambitions is always linked to having more confidence. What do I really want to happen in life? What are my goals (short or long term)?
- DAY 13: If ambitions are always purposeful no matter if I have little or no confidence, what am I working towards to gain more confidence?
- DAY 14: Self-confidence communicates how convicted others are about what they speak of & what they do. What have I done today that matched what I said or thought? What could I spend more time believing (in/on) so that I can build my integrity?
- DAY 15: What topics of discussion or activity am I most passionate about? Is this a talent, a skill, or something new I'm learning? What do I believe in the most?

- DAY 16: Whether I'd like to be a leader or not, the desire to be more confident is bound to make me a person worth admiring by at least one if not a few. Who do I consider great leaders/who are my role models? What makes them great besides their confidence?
- DAY 17: What do I want people to remember about me after they first meet me? Or what do I want people to say about me when my time is up in this world? What legacy do I want to leave behind?
- DAY 18: Have I shown courage this past week or two? What does being brave mean to me?
- DAY 19: Have I ever been brave at a time I almost thought of giving up? Or was there ever a time I surprised myself with how well I handled a situation?
- DAY 20: What do I believe is the best advice I have ever given?
- DAY 21: I am worthy of love & respect. How well do I know that? Do I tell myself this enough?
- DAY 22: If there was one trait & quality I would want my (future) child/children to have, what would they be?
- DAY 23: What was the best gift I ever gave someone? What made it special?
- DAY 24: What was the best gift I ever received? What made it special?
- DAY 25: What am I grateful for today? What is the one thing I am most grateful for in life?
- DAY 26: What areas of life am I independent at?
- DAY 27: When was the last time I stood up for myself or a righteous cause? What were my points?
- DAY 28: What changes have I made since I've been on this self-improvement journey?
- DAY 29: What was the toughest obstacle I have ever experienced in life? How did I overcome it?
- DAY 30: When I think of all the things that I have & am grateful for, what reasons can I come up with to want more confidence?
- DAY 31: If I wrote a love letter to my future children/future spouse or my younger self, what would it say?

## Here's a few more questions. :P

Do you think these questions would help you understand yourself better?

Do you think they could benefit you and your relationships?

If you haven't yet signed up to receive free monthly journal prompts from me, you can become part of my VIP list now.

<3 Shee

[Click Here](#)

**By clicking, you will be directed to my site.  
The sign-up is a pop-up window.**

