

7 Day Affirmation Journaling Challenge for Gen Z



Day 1: Self-Worth - 'I Am More Than My Achievements'.

Journal prompt: What qualities do I like about myself that have nothing to do with what I achieve?



Day 2: Confidence - 'I Trust Myself More Than My Doubts'.

Journal prompt: What's one hard thing I handled better than I expected?



Day 3: Anxiety Relief - 'I Can Create Space Between Thoughts and Reality'.

Journal prompt: What thought has been taking up too much space lately, and what's a more balanced way to see it?

Day 4: Career & Study - "My Progress Does Not Need to Be Perfect".

Journal prompt: What small step today moves me closer to the person I want to become?



Day 5: Relationships - "I Deserve Healthy Connections"

Journal prompt: What kind of communication and respect do I want in my relationships?



Day 6: Gratitude - "I Notice What Is Already Good"

Journal prompt: What ordinary recently made my day better?



Day 7: Reflection & Integration - "I Am Becoming More Aware of Myself"

Journal prompt: Which belief about myself do I want to carry forward?

