

Gratitude Journal

Prompts *for Self-Esteem*

1. Who is someone who has believed in me during a period when I struggled to believe in myself, and what did they see in me?
2. What is one quality about myself that I am grateful I developed through experience?
3. What difficult experience am I grateful to have survived, even though I would never choose to repeat it?
4. What opportunity, relationship, lesson, or ordinary part of my current life would my younger self have appreciated?
5. What is something about my life right now that I usually overlook because it feels ordinary?
6. What is something my past self did that I feel genuinely grateful for today?

