

Self-Appreciation Journal Prompts

- 1 What are five qualities I genuinely appreciate about myself?

- 2 What is something difficult I've made it through that deserves more recognition?

- 3 What personal strength has helped me during a challenging period?

- 4 What is something about my personality that I wouldn't want to change?

- 5 What accomplishment am I tempted to dismiss as 'not a big deal'?

- 6 What do people who know me well tend to appreciate about me?

- 7 What is something I do for others that comes naturally to me?

- 8 What part of my personality becomes more visible when I feel safe?

- 9 What is one skill I've developed that younger me would be proud of?

- 10 What effort have I made recently that deserves credit, even if the outcome wasn't perfect?

