

Self-Esteem Journal Prompts

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1. What evidence do I have that I am capable of handling difficult situations?
 2. Which accomplishments do I rarely give myself credit for?
 3. What criticism from someone else have I accidentally turned into a belief about myself?
 4. When do I feel most competent and capable?
 5. What qualities remain valuable even when I fail at something?
 6. What standards do I use to decide whether I am "good enough"?
 7. Whose approval do I rely on most, and what happens when I don't receive it?
 8. What would I say to a friend who judged themselves for the exact mistake I've made?
 9. What is something I can respect about myself even if I am still working to improve it?
 10. What would a more realistic and fair opinion of myself sound like?