

SELF-ESTEEM & CONFIDENCE

Journalling to Help You Prepare Before Your Next Session

The way we speak to ourselves shapes how we feel and show up. These reflections help you notice your inner voice and begin to build a kinder, steadier sense of self.

Set aside 15–20 minutes in a quiet place. Complete each statement in your own words. There are no right or wrong answers, and you may skip anything you are not ready for. Please bring this with you to our next session.

Name: _____

Date: _____

01 Three qualities I like about myself, that someone who cares about me would also name, are...

02 The harshest thing I say to myself most often is... Where do I think I first learned it?

03 A recent moment I felt proud of myself, however small, was...

04 When I compare myself to others, I usually compare myself to... What I overlook about my own journey is...

05 A situation where I held back or my confidence felt shaky was... What would I do with a little more self-belief?

06 If I spoke to myself the way I speak to someone I love, I would say...

07 A compliment I find hard to accept is... I think this is because...

08 A standard I hold myself to that I do not hold others to is...

09 A difficult time I got through, and the strengths that helped me, were...

10 What I would most like to explore or work on in our next session is...

If anything here feels overwhelming, pause and be gentle with yourself. We can explore it together in session.