



# AFFIRMING JOURNAL PROMPTS



**BELIEVE IN YOURSELF  
AND YOUR POTENTIAL!**

**THE FIRST STEP TO  
ACCOMPLISHING  
ANYTHING IS TO BELIEVE  
YOU ARE CAPABLE AND  
DESERVING!**

**WHAT ARE YOU BELIEVING  
IN YOURSELF FOR?**

**NAME 3 WAYS THAT YOU  
CAN MAXIMIZE YOUR  
POTENTIAL TO ACHIEVE  
WHAT YOU ARE BELIEVING  
FOR.**



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**WE CAN'T ALWAYS CONTROL WHAT HAPPENS AROUND US, BUT WE CAN CONTROL HOW WE RESPOND TO IT.**

**WE ARE IN CONTROL OF OUR THOUGHTS AND EMOTIONS. TAKE A MOMENT TO REFLECT BEFORE REACTING. WE HAVE THE POWER OF CHOICE!**

**THINK OF A RECENT SITUATION AND HOW IT MADE YOU FEEL EMOTIONALLY. HOW DID YOU REACT? COULD YOU HAVE HANDLE THE SITUATION BETTER? IF SO, IN WHAT WAYS?**



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**THERE ARE SO MANY THINGS IN OUR EVERYDAY LIVES THAT WE CAN BE GRATEFUL FOR!**

**THE SMALLEST THINGS CAN BRING THE BIGGEST FEELINGS OF JOY!**

**OVER THE NEXT 30 DAYS, KEEP A TRACK OF ONE THING EACH DAY THAT YOU ARE GRATEFUL FOR!**

**YOU WILL BE SURPRISED AT THE BEAUTY THAT LIVES AROUND + WITHIN YOU!**



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**YOU ARE ENOUGH JUST AS YOU ARE! DON'T EVER FORGET THAT.**

**WE LIVE IN A SOCIAL MEDIA ERA + IT CAN BE EASY TO FORGET WE ARE ENOUGH AS WE ARE BECAUSE OF WHAT WE SEE DAILY**

**REMEMBER THAT YOU ARE THAT GIRL! THERE CAN NEVER BE ANOTHER VERSION OF YOU.**

**WRITE DOWN 5 THINGS THAT MAKE YOU UNIQUELY YOU. WHAT DO YOU LOVE ABOUT EACH QUALITY?**



# AFFIRMING JOURNAL PROMPTS



**CELEBRATING WHO YOU ARE AND WHAT MAKES YOU UNIQUE IS SOMETHING WE SHOULD FOCUS ON DAILY!**

**REMEMBER TO CELEBRATE YOU EVEN IN NO ONE ELSE DOES! YOU ARE WORTH IT!**

**NAME 3 WAYS THAT YOU EMBRACE YOUR UNIQUENESS.**

**NAME 3 WAYS THAT YOU CELEBRATE YOUR INDIVIDUALITY.**



# AFFIRMING JOURNAL PROMPTS



**YOU ARE WORTHY OF LOVE + RESPECT FROM FAMILY, FRIENDS, PEERS AND MOST IMPORTANTLY, YOURSELF!**

**BEING THE EXAMPLE OF HOW WE WANT TO BE TREATED IS A GREAT WAY TO LEAD BY EXAMPLE.**

**WHAT ARE WAYS THAT YOU CAN SHOW LOVE + RESPECT TO OTHERS?**

**WHAT ARE WAYS THAT YOU CAN SHOW LOVE + RESPECT FOR YOURSELF?**



# AFFIRMING JOURNAL PROMPTS



**BE CONFIDENT IN YOUR ABILITIES TO MAKE YOUR DREAMS COME TRUE!**

**HOW CAN YOU EXECERIS YOUR CONFIDENCE TO MAKE SURE YOU ARE SHOWING UP AS YOUR BEST SELF?**

**BE CONFIDENT IN THE DECISIONS THAT YOU MAKE TODAY IN HOPES FOR A BETTER TOMORROW!**

**WHAT DECISION CAN YOU MAKE THIS MONTH TO ENBSURE THAT YOU ARE MOVING CLOSER TO YOUR GOALS?**