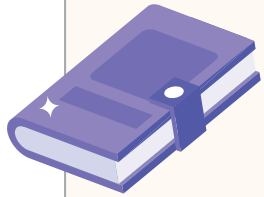


# Journaling to Build Confidence This June



S	M	T	W	T	F	S
30 What you'd say to a friend who is low on confidence.	1 A time you were proud of yourself and why.	2 Three personal strengths and examples of using them.	3 One thing you want to improve on and things to do to achieve that.	4 A time someone complimented you and why you deserved it.	5 People you feel more confident around.	6 Traits you believe make someone confident.
7 Times you've felt more confident than usual and why.	8 Reframe something negative you've said to yourself into a positive.	9 Something you succeeded at in the past.	10 A time you did the right thing even though it was difficult.	11 Times you've stepped out of your comfort zone.	12 One unique talent or skill you have.	13 Times you worked hard and achieved your goals.
14 List what holds you back from your dreams.	15 Conversation starters you can use to connect with people.	16 Songs that make you feel confident.	17 Things you'd say to someone you admired.	18 List positive 'I am...' statements & describe times you were.	19 Times you asked for what you wanted.	20 Setbacks you've overcome and what you did to do so.
21 Describe the confident version of yourself in detail.	22 What you can do to overcome what's holding you back.	23 Things you find easy to talk about.	24 Times of the day you feel at your best and why.	25 Three kind things you can say to yourself during setbacks.	26 List recent achievements (no matter how small).	27 List the things you love about yourself.
28 Describe the confident version of yourself in detail.	29 Times this past month you showed more confidence.	30 Lessons you've learned this month to apply next month.	1 Two red hearts	2 Three red hearts	3 Four red hearts	4 O & H logo Ordinary & Happy