



# 39 Self-Reflection Journaling Prompts



12 years +



30+  
Minutes



1+ People

*Grab a journal or a few sheets of paper and answer these questions. Answer them all at once or just a few a day!*

1. What is your greatest talent?
2. What is the best compliment you've ever received?
3. Write about a unique quality you have that makes you special.
4. Write down five things that define who you are, listing them as "I am \_\_\_\_\_," statements. Take a few minutes to think about each one.  
Which quality feels the best?
5. Write about a time when you did something you were afraid to try.  
How did you feel afterward?
6. When you're feeling confident, what emotions do you experience?
7. Write about a person you admire. What qualities do you have in common with this person?
8. What is your favorite thing to do? How do you feel when you work on this activity?
9. What does it feel like when someone recognizes something you worked hard to do?
10. What makes you feel like a strong person?
11. Of the people in your life, who is the most supportive of you? How do they show their support?
12. Name three qualities you love about yourself.
13. How do you think other people see you?
14. How do you know when you've succeeded at something?
15. Write a poem that describes the feeling of confidence.
16. What is your greatest strength?
17. What is the greatest feeling you've ever had?
18. Why is it important to congratulate people who do well?
19. Write about your greatest success.
20. What does it mean to have confidence?
21. When you want to feel more confident, what do you do?
22. What is your biggest goal? How will you achieve it?
23. Write about a time when you helped another person. How did you feel?



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24. What makes you happy?
25. Make a list of ten things you're good at doing. How do these things make you unique?
26. How can you help other people feel more confident?
27. How do you feel when you journal regularly?
28. What is it like to try something new?
29. Write about 3 things that make you happy. How can you spend more time on these things each day?
30. What is the bravest thing you've ever done?
31. Think of something that you would like to do better. How can you work to improve?
32. How do you feel when someone gives you a compliment?
33. What types of things make you feel confident?
34. Why is it important to spend time with people who appreciate your best qualities?
35. How do positive thoughts promote confidence?
36. What is something you have done well recently?
37. Write about a time when you struggled with something new. What did you do to improve?
38. Write about a time when you made a great choice.
39. When do you feel proud of yourself?

