

August Journal Prompts

- Day 1:** On a scale of one to 10, how healthily would you rate the way you see yourself? Explain why you gave this rating.
- Day 2:** What are the ideals, people, achievements you've found yourself looking to to validate your significance?
- Day 3:** List the reoccurring thoughts you often view yourself through.
- Day 4:** Do you often slip into comparing your self-view to the success of others? What areas you comparing? How does this affect you?
- Day 5:** False confidence relies on validation around instead of within. It is outside in instead of inside out. Do you struggle with this? Explain.
- Day 6:** How might your parents/guardians have shaped your self-view?
- Day 7:** How has your experience with your peers shaped your self-view?
- Day 8:** How have any ex-relationships or love interests played a role in your self view today or in the past?
- Day 9:** Do you find yourself living from a place of personal acceptance or hustling for it from those around you? Explain.
- Day 10:** List 7 words friends and family might use to describe you.
- Day 11:** Read Exodus 3:11-12 & 4:10-11. How does God challenge Moses' self-view? How does this relate to you?
- Day 12:** Make a list of 10 healthy affirmations to practice believing of yourself.
- Day 13:** I'm going to stop depending on ____ to validate me and ____ instead.
- Day 14:** Some of the strengths I see within myself are...
- Day 15:** What is the difference between facing self-improvement vs. self-hatred?
- Day 16:** Today I choose to stop thinking that I am ____ and start believing that I am _____. (Write 5 of these)
- Day 17:** Why are honesty and grace both necessary for a healthy self-view? How are you balancing the two?
- Day 18:** A past mistake/decision I've defined myself by that I choose to learn and let go of is...
- Day 19:** Give an example of a time you strived to prove yourself to someone/others and how that affected you. What would you do differently?
- Day 20:** An area I need to stop doubting myself and step up in is...
- Day 21:** When do you feel best about yourself? Why?
- Day 22:** When do you tend to feel worse about yourself? Why?
- Day 23:** How do your thoughts typically define beauty? How does this play into how you view yourself?

Day 24: From 1-10 how good do you feel about yourself today? Explain why you gave this rating.

Day 25: A quality I would never want to change about myself is...

Day 26: An area of my life I need to give myself the grace to improve on is...

Day 27: List the qualities a best friend should have.

Now start being these toward yourself.

Day 28: Do you believe that you become what you believe you are? Explain.

Day 29: How does 2 Corinthians 12:9 apply to this season of your life?

Day 30: List 7 encouraging things you want to speak into your younger self.

Day 31: Write about a quote that perfectly describes you.