

Goodbye Anxious Self-Worth

JOURNAL PROMPTS



Write 3 things others say they love about you.



Write 2 things you do for others that wouldn't get done if you didn't do them.



Write one thing you are really good at.



List 3+ people that depend on you.



Write down 5 of your strengths.



What do you like about yourself?



Find 5 self-love quotes and reflect on them.



List your biggest dream and what's holding you back from it. How can you change that?