25 writing prompts for *confidence*

by Michelle Leupitz

Message from the Author

Hey there!

I just want to take a moment to say thank you for making yourself a priority. This is an amazing first step :)

I'm so excited to share these 30 writing prompts so that you can finally start to feel more CONFIDENT!!

You'll find 25 writing prompts to help you dig deep and understand how to help YOU feel more confident.

I've even added some little bonuses ...like journal space for you to write your thoughts AND a poster that you can print out to decorate. That way you can keep that confident feeling wherever you go!!

- Meesh -

Writing Prompts

1. What are some things that you're really good at? Things that people always seem to ask you for advice or help with?
2. What's your favorite thing to do? How do you feel when you're doing it?
3. What's the greatest compliment you've ever gotten?
4. What are some things that makes you special/unique?
5. What's something you did EVEN when you were afraid. How did you feel afterwards?
6. What are five things that make up who you are? List them as "I am ____," statements.
7. What is confidence?
8. Write about a person that you admire. What are some good qualities that you share with the person?
9. Do you spend time worrying about what other people think? Why? How does it feel?
10. Why is it important to have confidence?
11. When you're feeling confident ...how do you feel? Emotionally. Mentally. Physically.
12. What kinds of things hurt confidence? How can you stop yourself from doing or allowing these things in your life?
13. When do you feel most proud of yourself?
14. When you're having doubts, insecurities or fears ...what's the best thing you can do?
15. How can you help other people feel more confident?
16. Write about a time when you worked hard on something and you were proud of the work that you did. How does it feel when your hard work is acknowledged?
17. What makes you feel like a strong person?
18. Of the people in your life, who helps you feel the most confident?
19. When you're struggling, who can you talk to about it? Who will help you through it?
20. When you see someone else struggling, what do you do?
21. What's the bravest thing that you've ever done?
22. How do you feel when someone gives you a compliment?
23. Take a look in the mirror. What are 5 things that you see?
24. Write a love letter to your least favorite body part.
25. What is your biggest dream? How will you make it into your reality?

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Things that people always seem to ask you for advice or help with?

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Why? How does it feel?

Why is it important to have confidence?

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What kinds of things hurt confidence?
How can you stop yourself from doing or allowing these things in your life?

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...what's the best thing you can do?

How can you help other people feel more confident?

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