

# 30 Journal Prompts - Faith in Yourself



1. Do you listen to your gut/instincts or ignore them?
2. Has there been a time when you wish you had listened to your gut?
3. Write about a time where you could only depend on yourself to get out of something. How did it turn out?
4. List 5 reasons why you trust yourself versus someone else.
5. List 5 reasons why someone else can trust you. These are different than listed above.
6. Do you learn from your mistakes so you don't make them again?
7. Do you lead with your heart or brain?
8. How have you kept yourself safe all these years?
9. Do you believe you're an independent person? Why/why not?
10. What's something you survived that should have killed you?
11. Describe a time you wanted to give up but didn't.
12. List all your accomplishments. Small or big.
13. List all the things you're good at.
14. Write about a time you were courageous.
15. Write about how important loyalty to yourself is.
16. Write about a time that was the hardest thing you've done but it was the right thing to do.
17. What makes you successful?
18. What drives/motivates you?
19. How do you cope or deal with your triggers and emotions?
20. Write about a time when everything came crashing down but changed you for the better.
21. Write about a time you felt lost but actually found yourself.
22. Do you feel you're a good judge of character?
23. When you say or do things do you make excuses for them?
24. Do you stand behind the things you do?
25. Do you take responsibility when you're wrong?
26. Do you believe in yourself?
27. Do you believe you're being led by a higher power?
28. Describe who you are as a person.
29. Describe why you're worthy and loved.
30. Do you have faith in yourself and what you're capable of?