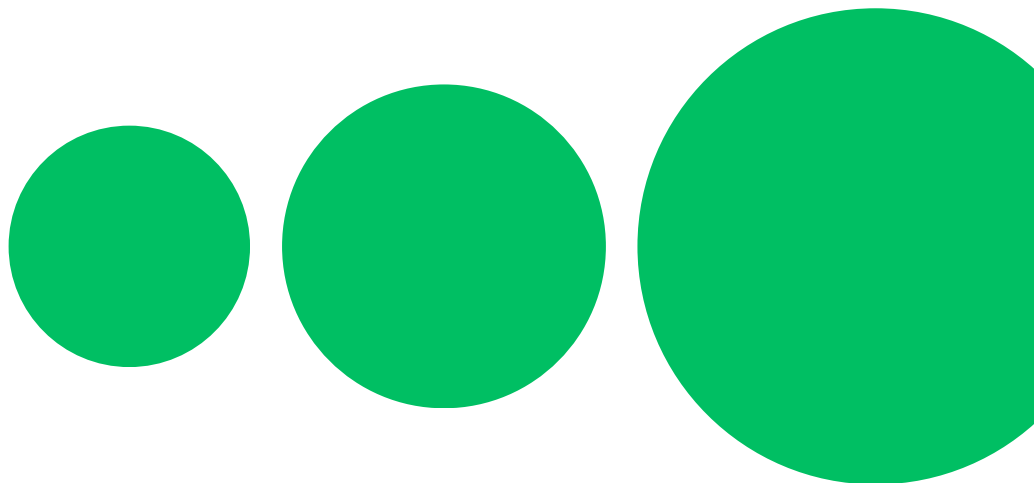


# Strengths & Success Journal Prompts

Building Confidence Through Reflection



You don't  
have to have  
all the  
answers right  
away

## Introduction

Journaling can be a great way to explore your thoughts, recognise your strengths, and celebrate your successes—big and small. It's a space just for you, where you can reflect, get creative, and discover more about what makes you you.

There's no right or wrong way to use these prompts—just do whatever feels good for you. You don't have to do them in order. You don't have to do them all. You might even find yourself coming back to the same ones again and again, and that's totally okay.

This is your journey, and these pages are here to help you see just how capable, strong, and brilliant you already are.

Happy journaling!

Pooky x

## How This Journal Can Help

It's easy to focus on challenges, but recognising your strengths and successes is just as important. This journal gives you a space to celebrate your wins—big and small—so you can see how much you're growing.

Over time, this can help build confidence, boost self-belief, and remind you of what you're capable of.

## How to Use This Journal

- Use it daily or whenever it feels right.
- Focus on effort and progress, not just outcomes.
- Be honest—every step forward matters.
- Express yourself however you like: words, drawings, or symbols.
- Look back on past entries to see how far you've come.

# Daily Reflection

At the end of each day, take a moment to pause and recognise what went well. Use this space to celebrate small wins, acknowledge your efforts, and notice anything you've learned about yourself. Every step forward counts

**One thing I did well today...**

**Something I found challenging but managed...**

**Something I'm proud of...**

**A strength I noticed in myself...**

**A positive moment from today...**

# Weekly Check-In

At the end of each week, take a moment to look back on what you've written. Use this space to reflect on patterns, progress, and things you want to keep working on.

**What's a strength I used a lot this week?**

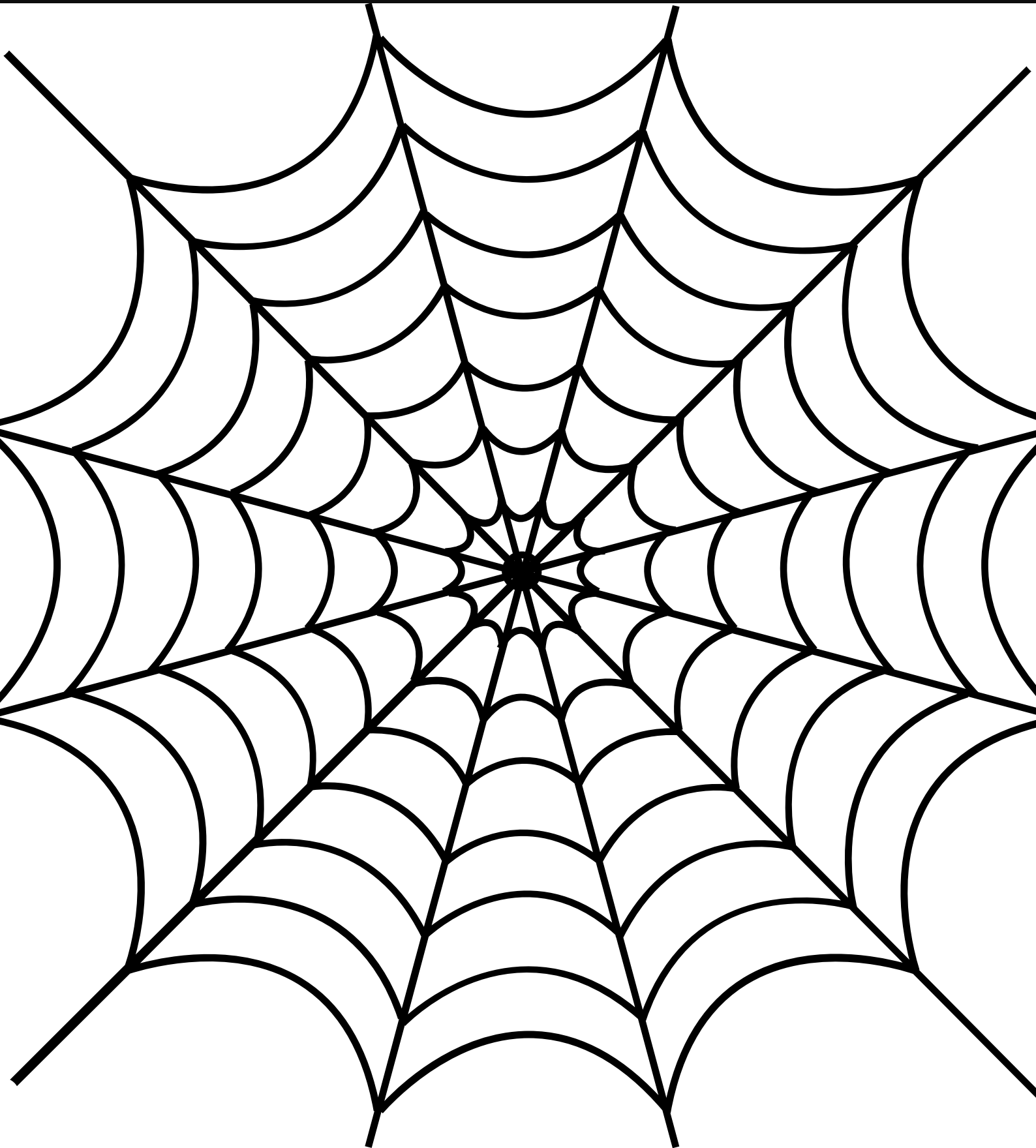
**What's something I overcame that I wasn't sure I could?**

**What helped me feel confident this week?**

**What's something I want to work on next week?**

**anything else...**

# My Strengths Web

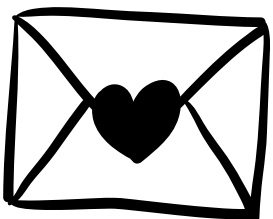


Think about the things that make you strong—these could be skills, qualities, or things you're proud of. Write them in the gaps of the web. There's no right or wrong answer—every strength counts, no matter how big or small.

# A Letter to Myself

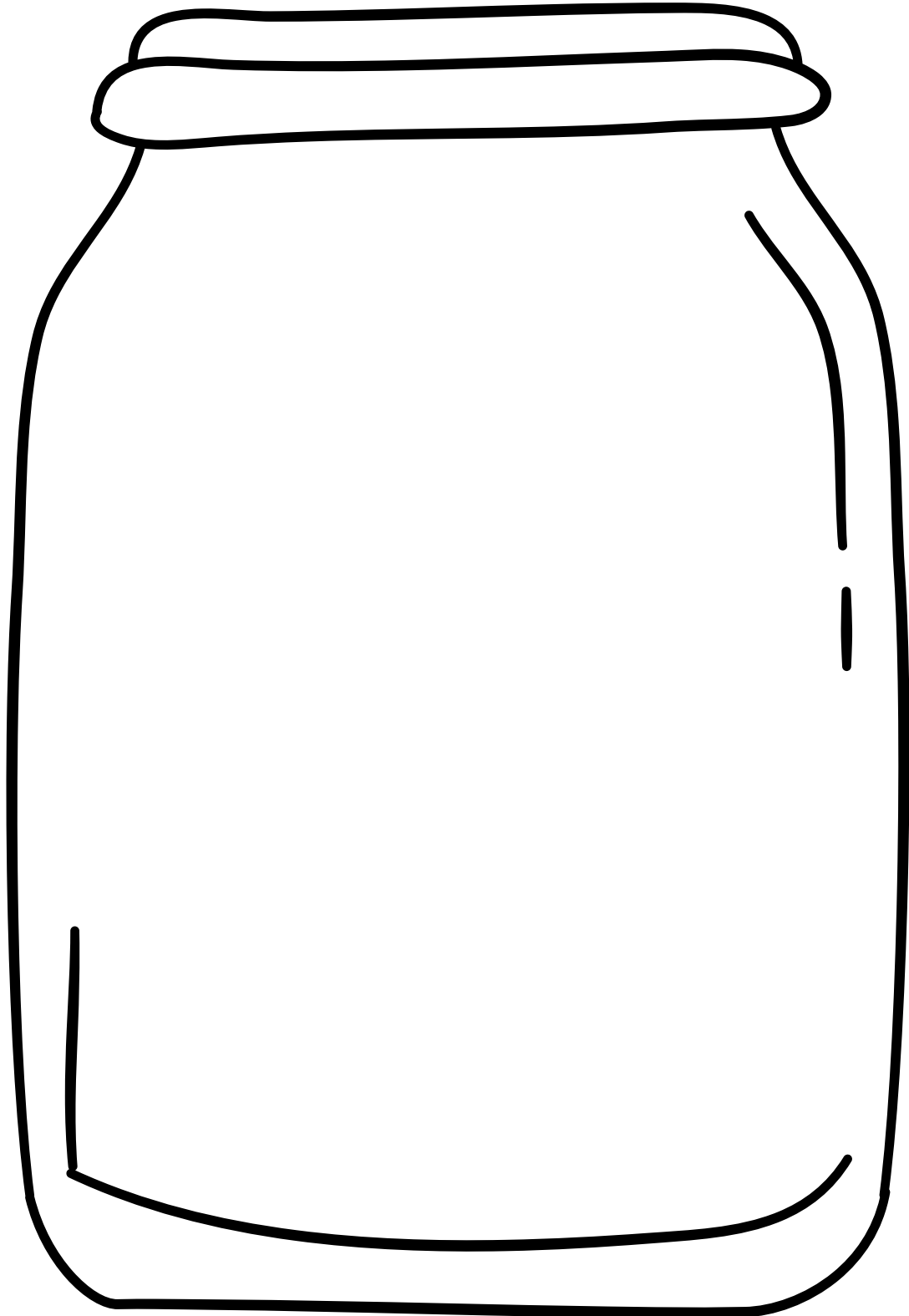
Write a letter to your future self. Remind yourself of your strengths, celebrate a win, or add words of encouragement. You can read it back later to see how far you've come.

Dear Me,  
I want you to remember...

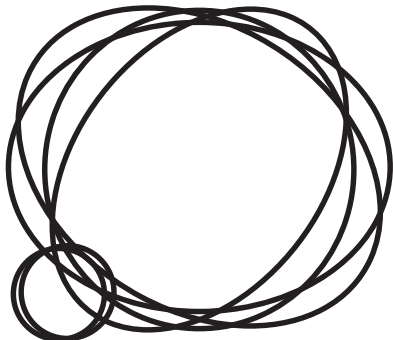
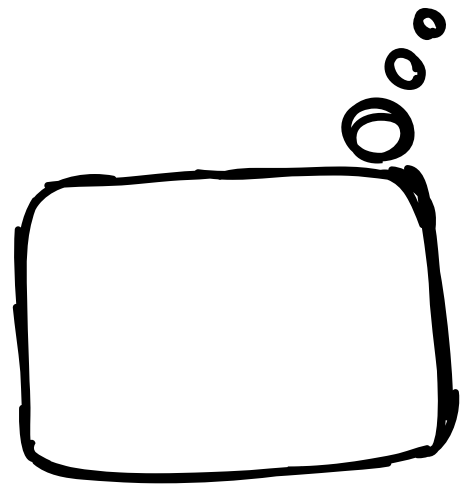
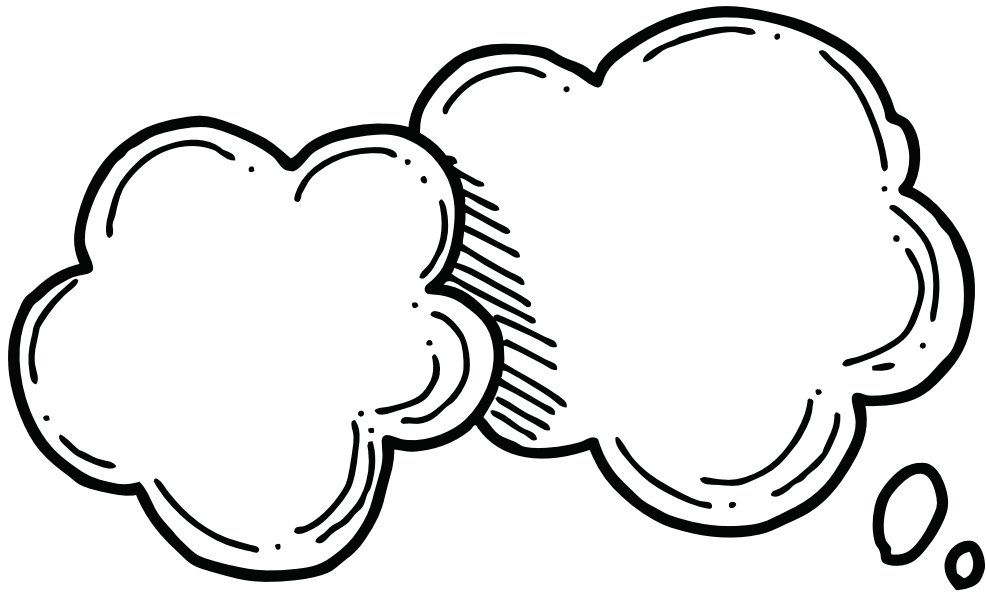


# Success Jar

Moments I'm proud of ↘

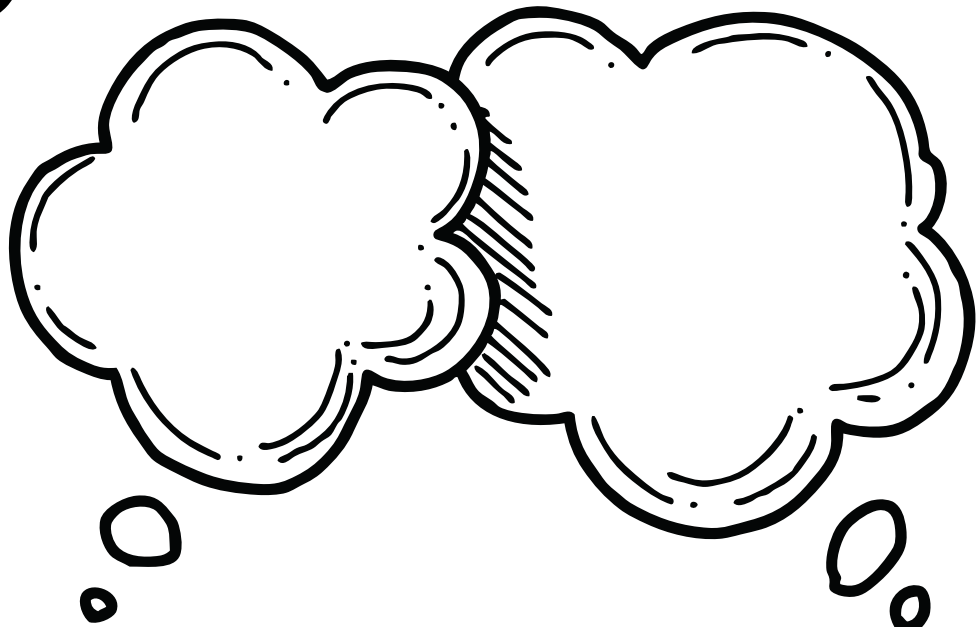
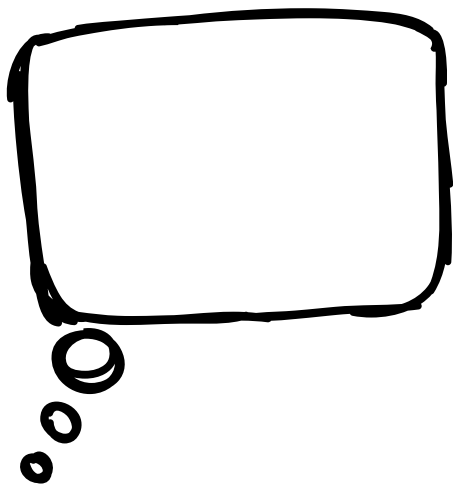
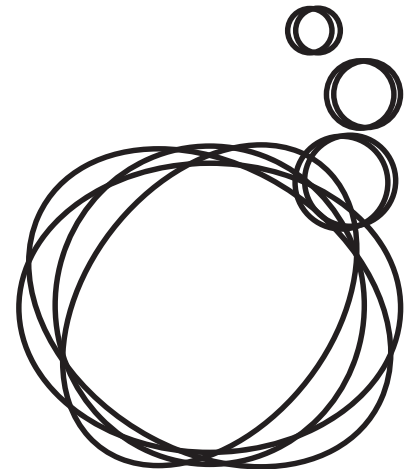
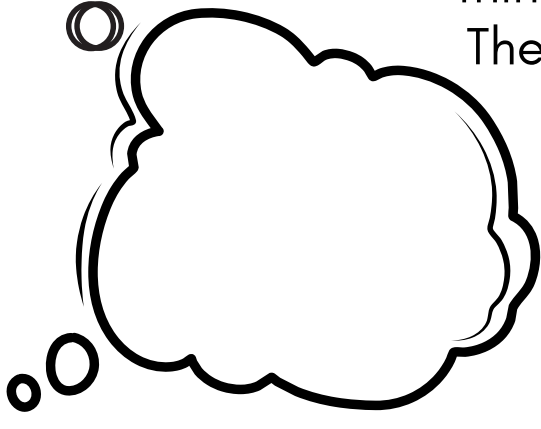
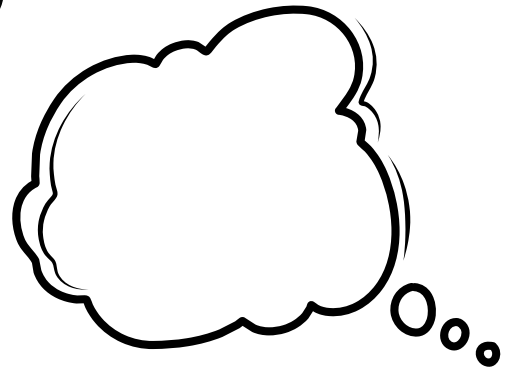


Fill the jar with moments you're proud of—big or small.  
Add new ones over time and look back to see how much you've achieved



## My Power Words

Write words that describe you at your best—strengths, qualities, or things you're proud of. These are your power words

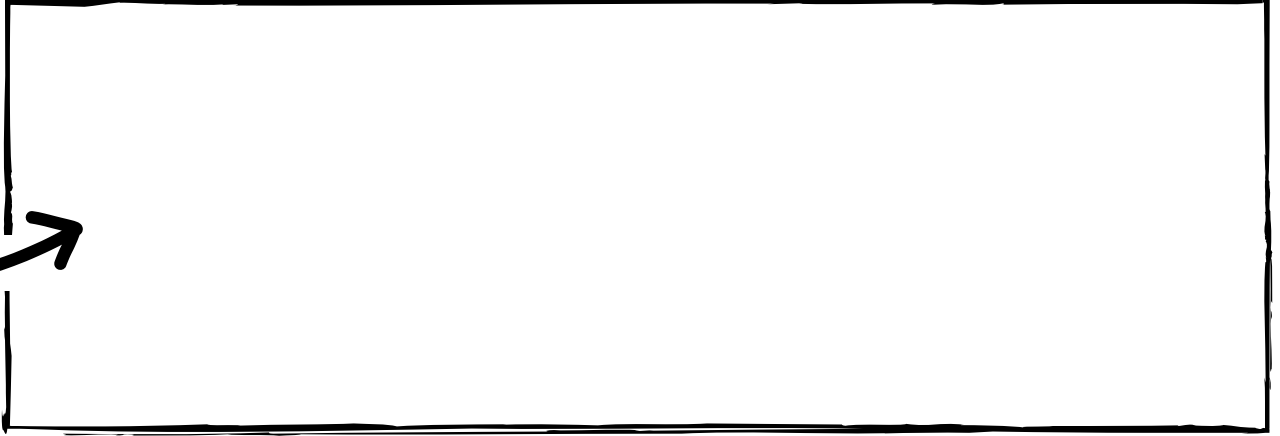




# I Can Do Hard Things

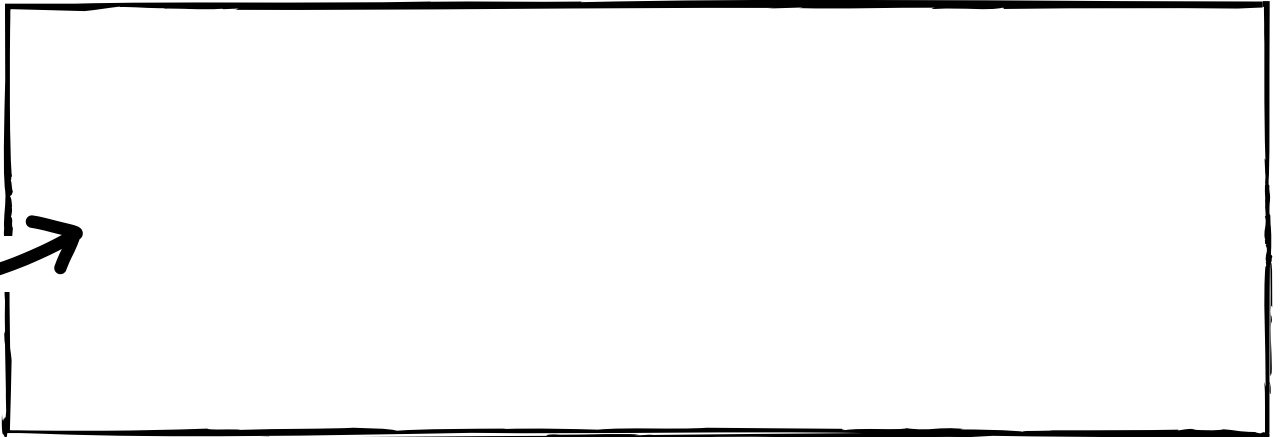
Can you think of a time when something felt hard but you did it?

What I did



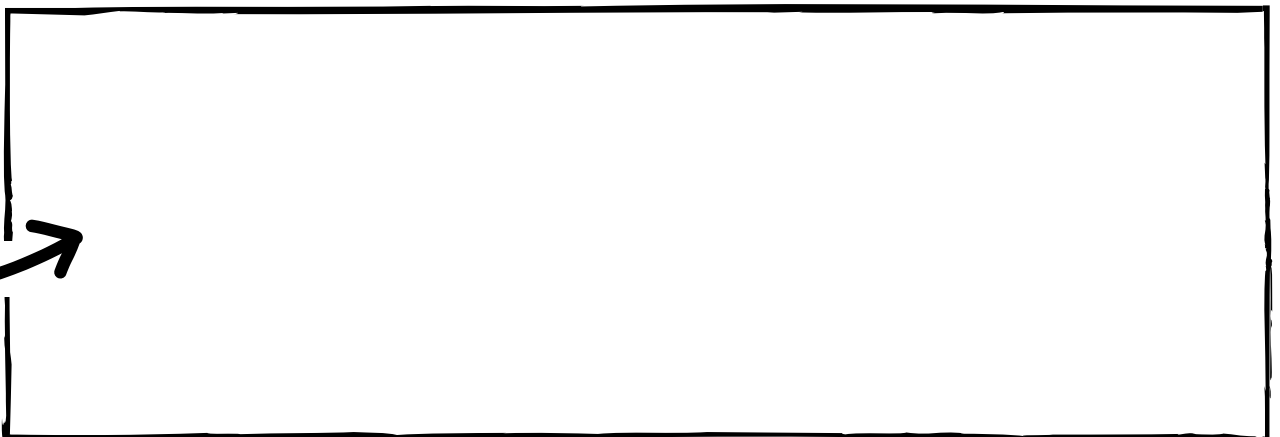
A large, empty rectangular box with a black border, intended for writing the answer to the question 'What I did'.

What helped

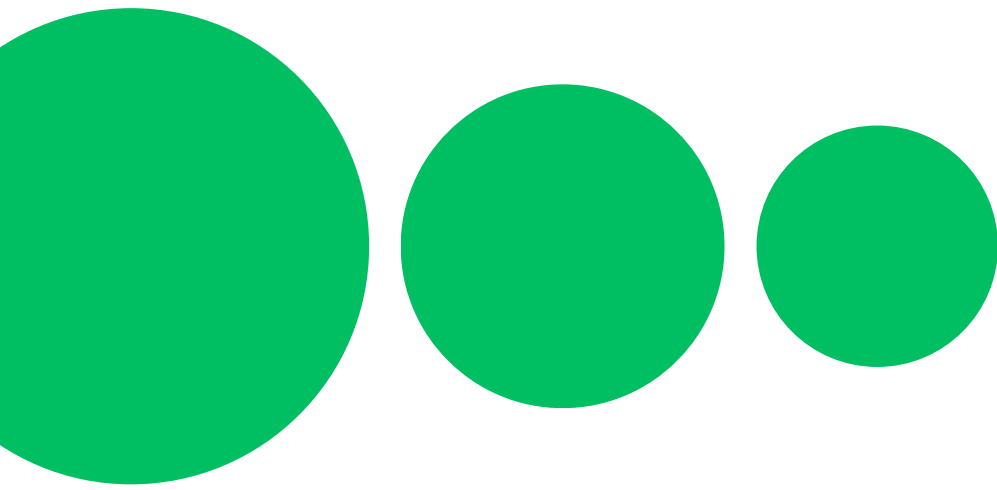


A large, empty rectangular box with a black border, intended for writing the answer to the question 'What helped'.

How I felt



A large, empty rectangular box with a black border, intended for writing the answer to the question 'How I felt'.



– Thank You! –

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Pooky x

