

## Self confidence Journaling Prompts

**Congrats on taking the plung to do this deep work  
it's going to make all the difference to your self confidence and your life!**

Think of something recently that you wanted to do, but hesitated. What negative voices did you hear that held you back ? Literally write them down.

*It could be something like: 'I'm not good enough, not worthy', 'I never can do anything right', 'I don't deserve it', 'If I say no, they'll hate me'.*

Think back to your childhood and find a time when one or more of these negative voices came up for you. Really replay it in your mind, see the scene. You can write it down, draw a picture or even make a voice recording - however you want to capture this.

*Example 1: The negative voice was: you're not good enough. When you heard it as a child it was your mother saying 'why can't you be like your sister/brother/etc'?*

*Example 2: The negative voice was: you never get anything right, not even the simplest things The childhood scenario illustrating this was when your parents told you to cook dinner and you had no cooking experience. The casserole turned out edible, but not very good. Your parents moved it around the plate and looked at you in disgust 'can't you even get a simple casserole right'? Your siblings snickered and made sandwiches. Your hard work went in the rubbish.*

## Self Confidence Journaling Prompts

Take that childhood scenario and really identify how it was unsupportive / invalidating / undermining - write that down.

*Example 1: You need to be someone different. You were told comparisons are how you measure up - and you'll never meet the mark.*

*Example 2, No-one had taught you how to cook, no-one was in the kitchen giving your guidance and tips. You were just left to figure this out and then told you were a failure.*

Perhaps you already have made amazing connections to how your childhood created this pattern of doubting yourself and low self esteem. Really know this is not your fault. This pattern, this way of thinking that was instilled in childhood. Knowing there's nothing wrong with you is the vital first step to shifting these harmful beliefs.

Write down and repeat this affirmation (or create your own):

***I am complete. I do not have to change who I am to be worthy and capable.***

We are going to use yoga to help quieten those voices and bring your real, glorious self to the surface so that you have confidence in who you are.