



SELF-WORTH JOURNAL PROMPTS

**THE GREATEST SUCCESS
IS SUCCESSFUL
SELF-ACCEPTANCE**

- BEN SWEET

One prompt at a time

START WRITING!

**10 WAYS YOUR BEST FRIEND WOULD
DESCRIBE YOU**

**WHEN WAS THE LAST TIME YOU FELT
TRULY SUCCESSFUL?**

- HOW WOULD YOUR KIDS DESCRIBE YOU?

**- NAME 3 PERSONALITY TRAITS YOU LOVE
ABOUT YOURSELF**

**- DESCRIBE A RECENT CHALLENGING
EVENT AND HOW YOU OVERCAME IT**

**- WHAT ARE THE TRAITS YOU'D WANT
YOUR PARTNER TO APPRECIATE MOST
ABOUT YOU**