

SOLAR PLEXUS CHAKRA JOURNAL PROMPTS

WHEN DO I FEEL MOST CONFIDENT?

WHEN DO I FEEL LEAST CONFIDENT? HOW CAN I SUPPORT MYSELF AND CREATE MORE CONFIDENCE IN THESE SITUATIONS?

WHAT DOES IT MEAN TO ME TO BE A CONFIDENT PERSON?

WHAT IS THE SOURCE OF MY CONFIDENCE? DOES IT COME FROM EXTERNAL SOURCES OR FROM WITHIN?

WRITE OUT A LIST OF POSITIVE INNER QUALITIES YOU LOVE ABOUT YOURSELF, AND DESCRIBE WHY YOU LOVE EACH OF THOSE THINGS.

WRITE OUT A LIST OF POSITIVE OUTER QUALITIES YOU LOVE ABOUT YOURSELF, AND DESCRIBE WHY YOU LOVE EACH OF THOSE THINGS.

DO I BELIEVE I CAN ACHIEVE MY GOALS AND DREAMS? IF NOT, WHAT'S HOLDING ME BACK?

WRITE A LIST OF TEN TO FIFTEEN POSITIVE AFFIRMATIONS ABOUT YOUR ABILITY TO ACHIEVE YOUR DREAMS. REPEAT EACH AFFIRMATION TWICE.

WHAT DOES IT MEAN TO BE A POSITIVE PERSON?

WHY IS IT WORTH IT FOR ME TO CHOOSE POSITIVITY?

HOW CAN APPROACHING SITUATIONS WITH A POSITIVE MINDSET CHANGE MY LIFE FOR THE BETTER?

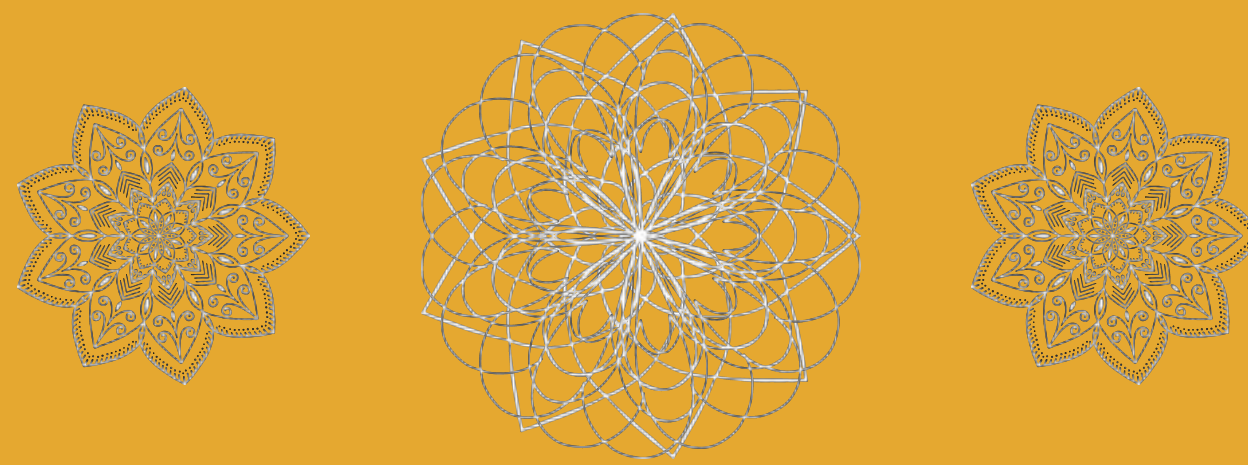
WHAT DOES IT MEAN TO ME TO HAVE SELF-RESPECT? HOW DO I SHOW MYSELF SELF-RESPECT IN MY DAILY LIFE?

DESCRIBE YOURSELF AS IF YOU WERE INTRODUCING YOURSELF TO A TOTAL STRANGER. LIST ALL THE POSITIVE ATTRIBUTES THAT MAKE YOU AWESOME.

HOW WOULD THE PEOPLE CLOSEST TO ME DESCRIBE ME? IN THEIR EYES, WHAT MAKES ME SPECIAL?

WHAT BRINGS ME JOY IN MY DAILY LIFE?

HOW CAN I CULTIVATE EVEN MORE JOY IN MY LIFE?



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IN WHAT WAYS AM I A DRIVEN AND MOTIVATED PERSON?

WHAT DOES IT MEAN TO BE EMPOWERED? IN WHAT WAYS AM I AN EMPOWERED PERSON? IN WHAT WAYS DO I EMPOWER OTHERS?

ON DAYS WHEN MY SELF-ESTEEM FEELS LOW, WHAT SELF-CARE PRACTICES CAN I DO TO SHOW MYSELF LOVE AND LIFT MYSELF UP?

AT THIS STAGE OF MY LIFE, DO I FEEL ALIGNED WITH MY PURPOSE? DO MY ACTIONS REFLECT MY PURPOSE, OR DO I FEEL A LACK OF PURPOSE?

LIST TEN (OR MORE) THINGS THAT MAKE YOU FEEL HAPPY, FILL YOUR HEART WITH JOY, AND/OR MAKE YOU FEEL IMPORTANT AND NEEDED. CAN ANY OF THESE THINGS BE TIED TO YOUR PURPOSE?

WHAT ARE MY MY CORE VALUES? DO MY DAILY ACTIONS ALIGN WITH MY CORE VALUES?

WHAT TOOLS CAN I KEEP IN MY PERSONAL SELF-CARE TOOLKIT TO SUPPORT MYSELF WHEN I LACK CONFIDENCE IN MYSELF?

HOW DO I ACT WHEN I'M ON A TEAM? AM I A COLLABORATIVE TEAM PLAYER? DO I SHRINK BACK OR TRY TO DOMINATE THE TEAM? WHY IS IT IMPORTANT TO ME TO ALWAYS BE A TEAM PLAYER WITH OTHERS?

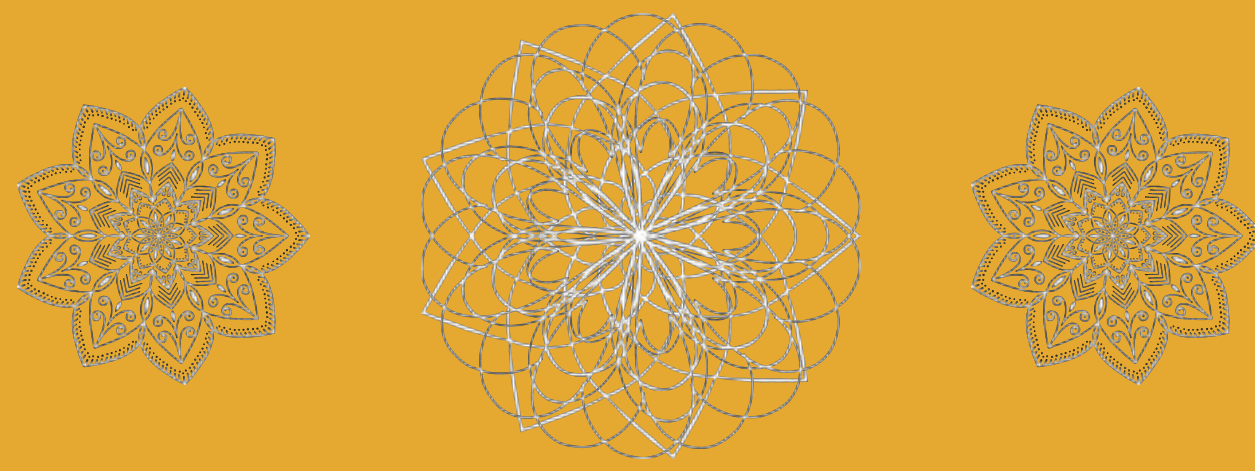
HOW DO I HANDLE CRITICISM? HOW CAN I SUPPORT MYSELF TO HANDLE CRITICISM WITH GRACE AND COMPASSION?

DESCRIBE ONE OF THE BEST COMPLIMENTS YOU'VE EVER RECEIVED AND WHY IT STILL MAKES YOU HAPPY TO THIS DAY. WHY ARE YOU UNCONDITIONALLY WORTHY AND DESERVING OF THIS AWESOME COMPLIMENT?

FINISH THIS SENTENCE: "I AM WORTHY BECAUSE . . ." WRITE AT LEAST TEN REASONS WHY YOU ARE INFINITELY WORTHY.

WRITE A LETTER TO YOUR YOUNGER SELF. FILL IT WITH COMPLIMENTS AND LOVE. TELL YOUR YOUNGER SELF WHY THEY ARE ALWAYS WORTHY. BOOST YOUR YOUNGER SELF'S SELF-ESTEEM, GIVE THEM CONFIDENCE, AND REMIND THEM TO ALWAYS ACT WITH SELF-RESPECT.

WHY IS HAVING AN OPEN AND BALANCED SOLAR PLEXUS CHAKRA IMPORTANT TO ME?



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WHAT DOES AN ORDINARY DAY AS MY MOST CONFIDENT, JOYFUL, POSITIVE SELF LOOK LIKE? HOW DO I CARRY MYSELF THROUGH THE DAY? HOW DO I TREAT OTHERS AND MYSELF? WRITE ABOUT THIS DAY IN DETAIL.

Be fearless in the pursuit of your dreams.