

Unfragile Confidence Journal Guide

CREATED BY
JACQUELINE KELLY

Tips for Using Your Unfragile Confidence Journal

Your Unfragile Confidence Journal is a powerful tool to foster resilience and self-assurance. Each entry will help you reflect on your experiences, track your progress, and reinforce positive beliefs.

01

Consistency

Aim to write in your journal daily or at least a few times a week to build a habit.

02

Reflection:

Review past entries regularly to see your progress and growth over time; this can enhance your awareness.

03

Gratitude:

Consider adding a gratitude section to acknowledge the positive aspects of your life alongside your confidence-building efforts.

04

Creativity:

Feel free to journal creatively! Use drawings, quotes, or any format that resonates with you.

Date:

Affirmations:

Write three positive affirmations to reinforce your confidence.

01

02

03

Highlights of the Day:

Reflect on three positive experiences or achievements from your day.

01

02

03

Challenges Overcome:

Identify any challenges you faced today and how you successfully navigated them.

01:

02:

03:

Goals and Progress:

Note any short-term and long-term goals you are working on, along with your progress.

Short-Term Goal

Deadline:

Goal:

Progress:

Long-Term Goal

Deadline:

Goal:

Progress:

Unfragile Confidence and Goals to Maintain:

Reflect on what it means to you to live with unfragile confidence and how you plan to maintain it.

"Unfragile confidence means...

"To maintain my unfragile confidence, I will...
