



Confidence comes from knowing yourself, your values and your beliefs, and then making decisions in alignment with those principles. An opportunity for thought and reflection, writing and journaling can both affirm and challenge your beliefs. A regular journaling practice increases awareness of your inner dialogue and gives you the ability to listen to and understand your thoughts and self on a deeper level.

There is no “right” or “wrong” way to interpret the questions and there are no rules! Connect with your inner wisdom and do your best to clarify your views and beliefs, as well as how you feel about them. Challenge yourself to write your honest answers to one question each day, by hand, in a journal. Writing by hand forces you to slow down and go deeper in your thinking, as well as changes the way your brain processes information.

To learn about Jenny Evans' resiliency and confidence programs and for more resources, please visit jennyevans.com.

HERE ARE 365 DAYS OF JOURNALING QUESTIONS:

1. What do you know about yourself for sure?	2. What do you consider to be the most important event in your life so far?	3. What do you believe makes a successful life?	4. What are your top five values?	5. How, where and when did you develop your values system?	6. What events in your life have challenged your values the most?	7. What parts of your life have fallen by the wayside? How do you feel about it?
8. In what ways are you putting yourself at the bottom of your priority list? At the top?	9. What makes you feel confident?	10. How do you describe your confidence?	11. What takes your confidence away? What do you do when this happens?	12. What do you do on a daily basis that builds your confidence? (Habits, routines, rituals, etc.)	13. Who are the "uplifters" in your life (people who build you up, support you and are a source of positivity)? How can you connect with them more often?	14. What do you want right now?
15. When will you be good enough for you?	16. What are you busy with today? Will it matter a year from now? Five years from now?	17. What are you stressed out about today? Will it matter a year from now? Five years from now?	18. What would you say to a younger version of yourself?	19. Describe yourself in five words. How many of these words are positive?	20. Where in your life do you need to be getting more recovery?	21. Where in your life do you need to be pushing yourself more?
22. Do you ever compare yourself to others? If/ when you do, how does it make you feel?	23. What are you capable of?	24. What is one failure in your life you have turned into your greatest lesson?	25. Where is perfectionism holding you back from taking action in your life?	26. Where do you need to be more vulnerable with others?	27. What activity (or activities) in your life lights you up with joy?	28. Where do you need to set boundaries?
29. What have you done in your life that you are most proud of?	30. What kind of legacy do you want to leave behind?	31. To the best of your knowledge, how do other people perceive you?	32. How would you like others to perceive you?	33. How confident are you in your abilities to make good decisions for yourself?	34. Who is the most important person in your life and why?	35. What role does gratitude play in your life?
36. How is your relationship with money?	37. Do you believe your destiny is pre-determined or in your hands to shape however you wish?	38. What is not working in your life right now?	39. What is working exceptionally well in your life right now?	40. What do you believe is the meaning of your life?	41. What makes you special and unique?	42. If you died tomorrow, what would you most regret about how you lived your life?
43. Are you a better person today than you were a year ago? 5 years ago? 10 years ago?	44. What role does gossip (reading websites or magazines that feature celebrities, in conversation with friends, at work, on social media, etc.) play in your life? Do you feel it's a healthy and good way to spend your time and energy?	45. Who is making most of the decisions in your life?	46. If someone made a movie about your life, what would it be like?	47. What do you fear the most? What are the odds of it happening? If it occurred, what do you think would happen as a result?	48. What do you love doing so much that the words <i>failure</i> and <i>success</i> essentially become irrelevant? (credit to Elizabeth Gilbert, <i>Big Magic</i>)	49. Who were you when you were 5 years old?

50. Who were you in your teens?	51. Who were you in your 20's?	52. Who are you today?	53. What are your top five skills?	54. What five life experiences have shaped who you are?	55. In what ways does the "you" that you present to the world differ from who you are? In what ways are they the same?	56. Who is your greatest role model?
57. What does your critical inner voice say to you most often?	58. What three events in your life were challenging for you to stay true to who you are (despite societal or peer pressure)?	59. What are you most proud of?	60. What is your next big goal?	61. What do you struggle with the most?	62. What do you LOVE to do? How often do you get to do it? How could you do more of it?	63. In what ways does your job make you a better person?
64. In what ways does your job make you worse version of yourself?	65. Make a list of all the things you consume (non-food things like websites, videos, TV shows, books, social media, etc.). Of these, what things are "junk" and what things are nurturing you?	66. What has been your biggest professional challenge?	67. What has been your biggest personal challenge?	68. Where in your life do you need to eliminate the phrases "should" or "have to"?	69. What is your greatest strength?	70. What is your greatest weakness?
71. What do you love about yourself the most?	72. What are the three biggest lessons you've learned in your life so far?	73. How could you be more effective in your professional life?	74. How could you be more effective in your personal life?	75. What is your highest core value?	76. What is the last new skill you acquired?	77. Looking ahead at the next five years, what would you like to accomplish?
78. What are three new things you'd like to try? When can you start?	79. What has shaped you into who you are today?	80. What challenges you?	81. Who do you admire and why?	82. What is admiral about you?	83. What makes you uncomfortable?	84. Where do you look for external validation in your life?
85. Describe your inner compass.	86. What kind of energy are you manifesting in your life?	87. In what ways do you need to advocate for yourself more?	88. What motivates you?	89. How do you feel about "rules" in your life?	90. What makes you feel satisfied?	91. What makes you feel happy?
92. In what ways are you a leader?	93. In what ways are you a follower?	94. What is your biggest self-limiting belief?	95. What makes you feel fulfilled?	96. What scares you the most?	97. What do you stand for?	98. What are you holding on to that you need to let go of?
99. What do you find most difficult to accept about yourself?	100. If not now, when?	101. Where is other people's judgement holding you back?	102. If you had no idea what your biological age was, what would you guess it to be? Why?	103. Where in your life are you not being honest with yourself?	104. Where in your life are you not being honest with others?	105. What has had the most positive influence on you?

106. Who has had the most positive influence on you?	107. What is the most scared you have ever been?	108. What do you believe is possible for you?	109. Who are your friends and how do they make you feel?	110. What makes you feel joy?	111. Describe your highest self.	112. If money was no issue, what kind of work would you love to do?
113. What are you putting on hold and why?	114. Are you settling for less than you are worth?	115. What does your inner dialogue tell you?	116. Are you living your life to the fullest right now? How? If not, why?	117. What is your purpose in life?	118. How does your being here in the world change humanity for the better?	119. Who are your mentors?
120. What is your worth?	121. What is the role of expectation in your life - either yours or other people's?	122. What does self-care look like for you?	123. Where are you not being authentic in your life?	124. Where are you most authentic in your life?	125. How do you define success in your professional life?	126. How do you define success in your personal life?
127. What have you given up on?	128. When did you last push the boundaries of your comfort zone?	129. Where in your life do you need to be pushing the boundaries of your comfort zone?	130. What is life calling you to do? Are you willing to listen? Are you willing to act?	131. Does it matter what other people think of you?	132. What are your passions?	133. When do you feel most alive?
134. Where in your life are you judging yourself too harshly?	135. How do you feel about your parents?	136. What are you feeding your body? What is it doing to your body?	137. What are you feeding your mind? What is it doing to your mind?	138. What are you feeding your soul? What is it doing to your soul?	139. What are you feeding your spirit? What is it doing to your spirit?	140. Expand on this: "I don't want to write about...."
141. What is your motivation for doing what you do?	142. What are you living for?	143. What aspects of your personality change?	144. What aspects of your personality never change?	145. What kind of physical movement makes you feel connected to yourself?	146. What kind of physical movement makes you feel powerful?	147. What lies have you been telling to yourself?
148. What are you grateful for?	149. What is missing in your life? How can you get it or move toward it?	150. Where in your life are you underestimating yourself?	151. In what areas of your life are you out of alignment with your values?	152. In what ways do you need to stop taking yourself so seriously?	153. Where in your life do you need to be more compassionate with yourself?	154. What habits do you have that are undermining your ability to be your best self?
155. What habits do you have that enable you to be your best self?	156. What do you need to forgive yourself for?	157. What makes you tick?	158. When do you respect yourself the most? When do you least respect yourself?	159. What does failure mean and what does it look like?	160. Where in your life are you ready to make a change?	161. What are you projecting to the world?

162. Where in your life do you need more feedback? How can you get it?	163. What baggage do you need to let go of?	164. What makes you feel good in your body?	165. What makes you feel strong?	166. What makes you feel weak?	167. What would happen if you lost all your money?	168. What makes you feel motivated?
169. What saps your motivation?	170. When you look inside yourself, what do you see?	171. In what ways do you need to listen to yourself more?	172. In what ways do you need to listen to yourself less?	173. Where in your life do you need help?	174. What events in your life have shaped your values and beliefs?	175. What relationships are most nurturing in your life?
176. What relationships in your life are toxic to your confidence/wellbeing?	177. What is your moral compass in making difficult decisions?	178. Where or how are you giving away your power?	179. How is stress affecting your personal life?	180. How is stress affecting your professional life?	181. In what ways is your health important?	182. What are you curious about?
183. What makes you uncomfortable?	184. What is the greatest adventure you've had?	185. Describe your personal power.	186. Where does your personal power come from?	187. What challenges your sense of personal power?	188. In what ways are you living in the shadows or on the side lines?	189. What are your limits?
190. What do you need?	191. What do you desire?	192. What makes you angry?	193. What challenges you the most in living a life consistent with your values?	194. How are you evolving as a person?	195. Who do you choose to be?	196. Where are you wasting time in your life?
197. What "crutches" are you relying on?	198. What things are you doing to ignore something important?	199. Where are you masking your true feelings?	200. Where in your life are you just existing or running on auto pilot?	201. Where in your life are you fully engaged?	202. In what ways are you comparing yourself to others?	203. What values would you never sacrifice?
204. In what ways are you living your life in alignment with your values?	205. In what ways are you NOT living your life in alignment with your values?	206. Who has had the most positive influence on you?	207. Who has had the most negative influence on you?	208. What role has formal education played in your life and how do you feel about it?	209. What role has informal education played in your life and how do you feel about it?	210. What do you appreciate most about yourself?
211. What do you appreciate most about your life?	212. Describe the relationship you have with yourself.	213. When are you most productive?	214. When are you least productive?	215. Where in your life are you procrastinating? Why?	216. What are your greatest accomplishments?	217. What are your strengths?
218. What are your weaknesses?	219. What is something that is true for you no matter what?	220. In what ways are you letting yourself off the hook?	221. What can you simplify in your life?	222. Where do you need to reduce clutter in your life?	223. What are your biggest distractions? How can you minimize or get rid of them?	224. In what ways are you trying to please other people?

225. How can you become more self-loving?	226. Who are you? Not what do you do, but who are you?	227. What do you need to make space for in your life?	228. Has your belief system been given to you or have you created it for yourself? What is it?	229. Describe the relationship you have with yourself.	230. What assumptions are you making in your life? Are they valid?	231. How can you be a better friend to yourself?
232. Do you trust yourself? Why or why not?	233. What would happen if you lost your job?	234. What will you not tolerate in your life?	235. People treat us the way in which we allow them to treat us. How are you allowing people to treat you?	236. What is your intuition telling you?	237. What ignites a spark in your soul?	238. Where in your life do you need to be more accountable to yourself?
239. Think of three people you admire. What qualities do you value in them?	240. Where are you multitasking in your life? Where do you need to reduce it?	241. What do you love about yourself?	242. What do you hold sacred?	243. What brings you into the present moment and makes you mindful? How can you do more of this?	244. What is "normal"? According to your definition, who is normal? Are you?	245. If you could have one single wish granted, what would it be?
246. What have you learned from the "failures" in your life?	247. How can you be pushing your boundaries a bit more in your professional life?	248. How can you be pushing your boundaries a bit more in your personal life?	249. Define your self-worth.	250. Where in your life are you treading water when you need to be swimming?	251. What are you trying to control?	252. What do you know for sure?
253. Where is the fear of shame holding you back?	254. What is something you always love to do, even when you are tired or rushed? Why?	255. Where in your life are you hiding your true self?	256. Do you know that you are enough – right now – just as you are?	257. What do you love about your body?	258. What do you love about your mind?	259. What do you love about your spirit?
260. Where in your life are you accepting less than you deserve?	261. Whose version of "you" are you?	262. Where are you participating in gossip (engaging in hearsay, scandal or talking about someone not in their presence) in your life?	263. What does your inner voice say to you most often?	264. What makes you feel proud?	265. How much of yourself are you letting other people see?	266. What is your path?
267. Where in your life do you need to stop questioning yourself so much?	268. In what ways do you need to start putting yourself first? Making yourself a top priority?	269. How is stress affecting you physically?	270. How is stress affecting you emotionally?	271. How is stress affecting you mentally?	272. How is stress affecting you spiritually?	273. What kind of people are you attracting in your life?

274. What kind of energy are you attracting in your life?	275. Where is a safe place in your life where you could take a risk?	276. Where in your life do you need to stop waiting patiently for "your turn"?	277. How do you know when you're making the right choice?	278. Where in your life do you need to say "yes" more often?	279. Where in your life do you need to say "no" more often?	280. What makes you feel resentment in your life?
281. Is it true? (This is not a follow up to the previous question. Interpret this however you like. What comes to mind?)	282. What have you never told anyone?	283. In what ways are you being too hard on yourself?	284. Are you any better today than you were yesterday?	285. What is your philosophy on life?	286. What makes you feel accomplished?	287. How do you feel about growing old someday?
288. What is a relationship deal breaker for you?	289. What is a career deal breaker for you?	290. What are you rationalizing or justifying in your life right now?	291. How do you react to the unexpected?	292. Where in your life are you making a choice by not making a choice?	293. What is your internal guidance system?	294. What is your superpower?
295. How do you feel about change? How is that helping you? How is that hindering you?	296. How happy are you in your career right now?	297. How happy are you with your personal life right now?	298. What is the boldest you've ever been?	299. What do you fear about leaving a bad job, relationship or situation? What are the odds of those fears coming true?	300. What is the most significant thing you've done in the past 24 hours?	301. What do you have the power to choose?
302. Where in your life do you need to start giving yourself more unconditional love?	303. In what area of your life are you most organized? Least organized?	304. What kind of movement challenges you?	305. What are you surrounding yourself with?	306. What is one thing you can do today that will move you closer to accomplishing a goal?	307. What do you need to be spending more time and energy on in your life?	308. What do you need to be spending less time and energy on in your life?
309. Where do you need to be asking for help in your life?	310. In what ways do you need to stop comparing yourself to others?	311. Where are you not living a life of integrity?	312. Who is in your tribe?	313. Who do you need to bring into your tribe? Who do you need to leave your tribe?	314. What accountability system works best for you? Are there places in your life you need to apply it?	315. When has failure been a good thing in your life?
316. What percentage of the day are you living in the present moment? At work? Outside work? How can you increase it?	317. What if? (Yes, that is the whole question...what is your answer?)	318. What do you dream of?	319. Who are you?	320. What allows you to express your creativity? How can you do more of it?	321. What principles do you stand for?	322. How can you get more out of your job?

323. What is the next thing you want to learn?	324. What do you need to be saying “yes” to?	325. What do you need to be saying “no” to?	326. What character trait do you want to work on developing?	327. How do you react to being told “no”?	328. How would you describe your perfect job?	329. How do you cope with pressure?
330. What is most of your internal dialogue about?	331. In what ways is your internal dialogue helping you?	332. In what ways is your internal dialogue sabotaging you?	333. What have been some of the most formative experiences of your life?	334. What is your greatest physical ability?	335. What is your greatest mental ability?	336. What is your greatest emotional ability?
337. What are your values?	338. What is going on physically with you when you doubt yourself the most or are hardest on yourself? (i.e.: tired, hungry, etc.)	339. What excuses are you making?	340. What gives you energy?	341. What saps your energy?	342. How comfortable are you with your own mortality?	343. Do you have respect for yourself? Why or why not?
344. On a scale of 1-10, how would you rank your level of accepting personal responsibility in your life? Why did you give it that number?	345. Define your sense of spirituality.	346. Where, in your conversations with others, might you need to stop talking about other people?	347. What are you giving to the world?	348. What discomfort are you willing to sustain in order to grow?	349. Do you have the courage to bring forth the treasures that are hidden within you? (credit to Elizabeth Gilbert, <i>Big Magic</i>)	350. What are the boundaries that define what you say “yes” or “no” to in your personal life?
351. What are the boundaries that define what you say “yes” or “no” to in your professional life?	352. What are you so passionate about that you’re willing to deal with the unpleasant aspects of it? (i.e.: having to spend time away from loved ones, work long hours or to put up with discomfort)	353. In what ways do you need to stop being so judgmental of yourself? Others?	354. If you could change anything about the way you were raised, what would it be and why?	355. What things do you like about yourself that have nothing to do with your achievements or accomplishments?	356. If you were stranded on a desert island, who would you want with you and why?	357. What is your favorite memory?
358. What experience has most prepared you for life?	359. If you could pass on one life lesson, what would it be?	360. What does your life say about you?	361. Why did you choose your profession?	362. What is something that is too serious to be joked about?	363. What is your most memorable dream? What do you think it meant?	364. What is the craziest thing you’ve ever done?

365. What have you learned about yourself in this process of journaling?