



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
SELF-DOUBT & INSECURITY

WELCOME TO THE WORLD OF JOURNALING

It's a powerful tool for self-reflection, exploration, and personal growth. If you're new to journaling, you might be wondering where to start or how to get the most out of this practice. Journaling offers a safe space to express your thoughts, feelings, and experiences, allowing you to gain insights into yourself and your life. Whether you're seeking clarity, healing, or simply a creative outlet, journaling can be a valuable companion on your journey.

Before diving into journaling, it's important to recognize that this practice is deeply personal and can bring up unexpected emotions or memories. While journaling can be therapeutic, it's not a substitute for professional help or therapy if you're dealing with significant emotional distress or mental health issues. If at any point you find yourself feeling overwhelmed or in need of additional support, don't hesitate to reach out to a trusted friend, family member, or mental health professional. Remember to practise self-care and listen to your intuition as you explore the world of journaling.



HOW TO USE JOURNAL PROMPTS:

SET THE MOOD: Create a peaceful and comfortable environment for journaling. Light a candle, play calming music, or find a cozy spot where you feel relaxed and focused.

CHOOSE YOUR PROMPTS: Select journal prompts that align with your interests, goals, or areas of focus. You can find prompts online, in books, or create your own based on what you want to explore.

SET ASIDE TIME: Schedule regular time for journaling in your day or week. Whether it's in the morning, during your lunch break, or before bed, consistency is key to building a journaling habit.

REFLECT AND WRITE: Read the journal prompt carefully and take a moment to reflect on it. Then, start writing freely, without worrying about grammar or punctuation. Let your thoughts flow and explore the prompt in whatever way feels natural to you.

DIG DEEPER: Use the journal prompt as a starting point for deeper reflection. Ask yourself follow-up questions or explore related themes that arise during your writing.

REVIEW AND REFLECT: After journaling, take some time to review what you've written and reflect on your insights. Notice any patterns or themes that emerge and consider how they relate to your life or goals.



JOURNAL PROMPT:

SELF-DOUBT & INSECURITY

Reflect on recent situations or experiences where you've felt self-doubt and insecurity. Describe these instances in detail, including the thoughts, emotions, and physical sensations you experienced. What triggered these feelings of doubt and insecurity?

Consider the underlying beliefs or narratives that contribute to your self-doubt and insecurity. Are there any recurring patterns or negative self-talk that reinforce these feelings? How do these beliefs impact your confidence and sense of self-worth?

Reflect on the origins of your self-doubt and insecurity. Are there any past experiences or traumas that have shaped these feelings? How have they influenced your perception of yourself and your abilities?

Explore the ways in which self-doubt and insecurity manifest in your thoughts, behaviours, and relationships. How do they hold you back from pursuing your goals, taking risks, or asserting yourself in various areas of your life?



Consider the potential consequences of allowing self-doubt and insecurity to dictate your actions. How do they limit your potential, undermine your achievements, or prevent you from fully embracing opportunities for growth and fulfillment?

Challenge the validity of your self-doubt and insecurity by examining evidence to the contrary. Identify moments of success, resilience, and personal growth that demonstrate your capabilities and strengths. How can you cultivate a more balanced and realistic view of yourself?

Explore strategies for building self-confidence and self-esteem. This could include practising self-compassion, setting achievable goals, seeking support from trusted individuals, and engaging in activities that bring you joy and fulfillment.

Visualize yourself overcoming self-doubt and insecurity and stepping into your full potential. Imagine how it would feel to embrace your worthiness, believe in your abilities, and pursue your dreams with courage and conviction.

As you engage with this journal prompt, remember to approach the process with kindness and curiosity. Self-doubt and insecurity are common experiences, and by acknowledging and exploring them, you can begin to cultivate greater self-awareness, resilience, and self-compassion.

