





















**30-Day Self-Reflection Journal Prompts**

**Week 2: Emotions & Mental Health**

10. When have I felt proud of myself recently?

A series of horizontal lines for writing, starting below the question and extending to the bottom of the page.

*Daily Journal*



**30-Day Self-Reflection Journal Prompts**

**Week 2: Emotions & Mental Health**

11. What fears or self-doubts are showing up, and how can I address them?

A series of horizontal lines provided for writing the response to the journal prompt.





































