

CREATIVE CONFIDENCE  
THROUGH

# 5-Point Journaling

CREATOR:

LAQUISHA HALL

IG:

@CONFIDENTCANVAS

## FAITH

This is an area where you can write or copy faith/spiritual based text. For example, I often use the Bible app to copy the verse of the day. Feeding our spirit with positive words daily contributes to our confidence.



## INSPIRATIONAL QUOTE

In this area, copy a quote that inspires you. I have google searched quotes by people who inspire me or I save them on my phone to copy later as I come across them on social media, online, in books, etc. Remembering the encouraging words of inspirational figures is uplifting.



## AFFIRMATION

positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts.

When you repeat affirmations often, and believe in them, as well as focus on what you are grateful for, you can start to make necessary positive changes.

## GRATITUDE

identifying what you are grateful for, specific to the day and time you are journaling. List at least 3 or as many as you can.

## PONDERING

This is an area where you can journal about something positive that happened in your day. It is essential to focus on the good as we are journaling to maintain or increase our confidence and positive mental health.

