

Strengths journal

Category of Competencies: Positive Self-Concept Skills

Description:

This online journaling exercise encourages participants to reflect on their strengths daily and explore how these qualities help them navigate challenges and achieve personal growth.

Activity Categories:

Individual, Online, Easy to Prepare, Easy to Implement, Various Sessions, Little to No Equipment Needed

Main Competencies Involved:

Emotional Intelligence, Positive attitude, Reflection, Self-Esteem, Self-Motivation

Other Competencies (Different Category):

Resilience

Resources Needed and Practical Considerations:

Access to an online journaling platform (e.g., Google Docs, Evernote, or any digital journal), printable journaling prompts

Estimated Time:

10–15 minutes per day over one week

Description of Activity:

Step 1: Participants receive an introductory email or message explaining the concept of strength journaling. They are encouraged to set aside 10–15 minutes each day to reflect on their strengths and how these qualities have influenced their actions and decisions throughout the day.

Introductory Email:

Subject: Welcome to the Strength Journaling Experience

Dear [Participant's Name],

We're excited to invite you to begin your Strength Journaling journey! This journaling practice is designed to help you reflect on your personal strengths, how you use them in your daily life, and how they contribute to your growth and well-being.



What is Strength Journaling?

Strength journaling is a simple but powerful tool for self-reflection and personal growth. Each day, you'll take a few moments to reflect on the strengths you've demonstrated in different situations and how they've helped you overcome challenges, stay motivated, or achieve your goals. This practice will help you:

- Recognise your strengths: Identify the qualities that make you unique and effective.
- Reflect on your experiences: Think about how your strengths have contributed to your successes and learning moments.

Why is Strength Journaling Important?

Taking the time to recognise and reflect on your strengths helps build self-confidence and resilience. It shifts your focus from what you might perceive as weaknesses to what you're already good at, giving you a positive foundation to approach challenges with clarity and confidence.

How Does It Work?

Over the next week (or two weeks), you will spend 10–15 minutes each day journaling about how you used your strengths in different situations. You will receive daily prompts to guide your reflections and help you think more deeply about your strengths. At the end of each week, you'll review your entries and summarise what you've learned about yourself.

What Do You Need to Get Started?

All you need is a journal (either digital or physical) and about 10–15 minutes each day. You'll receive your first journaling prompt tomorrow!

Optional Sharing

If you're comfortable, feel free to share some of your reflections with a mentor, youth worker, or peer. This can provide valuable feedback and support as you continue to develop your strengths.

We're excited to see what insights you'll gain from this practice! Please don't hesitate to reach out if you have any questions.



Kind

regards,

(Name of person and organisation sending the email)

Step 2: Participants are provided with daily prompts to guide their reflections. (See handout.)

Step 3: At the end of the week, participants review their journal entries and reflect on any patterns or insights they noticed. They are asked to write a summary entry that captures what they've learned about their strengths and how they've applied them.

Step 4: Participants have the option to share their reflections with a mentor, youth worker, or peer for feedback. This can be done through an online discussion forum or one-on-one virtual meetings, encouraging further development and support.



Strength Journaling Prompts

Instructions: Set aside 10–15 minutes each day to reflect on the prompts below. Use these questions to guide your journaling and explore how your strengths play a role in your daily life.

- **Day 1: Recognising Strengths**

- *Prompt:* Identify a moment today when you felt proud of your actions. Which of your strengths were at play?
- *Reflection:* Consider how this strength helped you in the situation and why it made you feel proud.

- **Day 2: Managing Challenges**

- *Prompt:* Describe a challenge you faced today. How did you use self-control or resilience to manage it?
- *Reflection:* Think about what the challenge was, how you responded, and how your strengths contributed to your ability to overcome it.

- **Day 3: Motivation and Action**

- *Prompt:* Reflect on a time when you felt particularly motivated today. What sparked this motivation, and what strengths did you draw upon?
- *Reflection:* Analyse what circumstances or thoughts led to this motivation, and how your strengths were involved.

- **Day 4: Emotional Intelligence**

- *Prompt:* Think about a conversation you had today. How did empathy or emotional intelligence influence your interaction?
- *Reflection:* Reflect on how understanding and managing emotions impacted the conversation and your relationships.

- **Day 5: Overcoming Obstacles**

- *Prompt:* Describe a situation where you faced an obstacle or setback today. How did your optimism or positive attitude help you navigate it?
- *Reflection:* Consider how your outlook influenced the outcome and how you can apply this strength in future challenges.

- **Day 6: Self-Motivation**

- *Prompt:* Identify a task you completed today without external encouragement. What strengths did you rely on to stay motivated?
- *Reflection:* Reflect on your internal motivations and how your self-directed actions contributed to your success.

- **Day 7: Personal Growth**

- *Prompt:* Look back over the past week. What patterns have you noticed in your strengths, and how have they contributed to your personal growth?
- *Reflection:* Summarise your week of reflections, considering how your strengths have evolved and how you plan to continue developing them.

