



The Lyndah Kayson Confidence Circle Foundation

WHERE HEALING MEETS COMMUNITY



RESOURCE GUIDE

Confidence Journal Prompts

30 days of gentle, guided reflection, plus a streak tracker and ten more prompts for whenever you want to pick this back up.

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How this journal works

Each day gets a small, real text box, open this PDF in Acrobat, Chrome, or Edge and type your answer directly in, then save it, print it, or just leave it as your private digital journal. Skip a day if you need to. There's no wrong way to do this, and no prize for a perfect streak.

GETTING STARTED

Before You Begin

Confidence isn't a single moment of arrival, it's a practice, built one honest entry at a time. This journal is organized into four weekly themes: Noticing, Reframing, Connection, and Moving Forward. Each week closes with a short reflection so you can look back before moving on.

Write daily if that works for you, or pick it up whenever you have five quiet minutes. Either way, you're doing it right. There is no version of this journal that you can fail at.

A Few Journaling Tips

- Write the first honest sentence that comes to mind, even if it feels too simple.
- Don't reread and edit as you go. Get it down first, reflect after.
- It's fine to answer a prompt in one line some days and several sentences other days.
- If you skip days, don't start over. Just pick up wherever you are.
- Revisit old entries occasionally. You'll be surprised what's changed.
- If a prompt brings up something heavy, it's okay to pause and come back to it later.



Find Your Time

Pick a time of day that's realistically yours: morning coffee, a lunch break, right before bed. The best journaling time is whichever one you'll actually keep.

WEEK 1

 Noticing

This week is about observing without judgment, just getting honest about where you are right now.

- 1 **Describe your skin today without judgment, just facts.**
- 2 **What is one thing your skin has been through this year that you haven't given yourself credit for?**
- 3 **Write about a moment today when you felt seen, and it felt good.**
- 4 **What's a story you tell yourself about your skin that might not be entirely true?**
- 5 **Name three things your body let you do today.**
- 6 **What does "confidence" mean to you, separate from how you look?**
- 7 **Write a letter to your skin. Say what you've never said out loud.**



Week 1 Reflection

What pattern do you notice across your answers this week? What's one thing you want to remember from these seven days?

WEEK 2



Reframing

This week is about questioning the beliefs you inherited and trying on gentler ones.

- 8 **What would you say to a friend who felt the way you feel about your skin right now?**
- 9 **Describe a time you almost skipped something because of a flare, but went anyway.**
- 10 **What's one belief about beauty you inherited that you're ready to question?**
- 11 **Write about someone who made you feel normal, exactly as you are.**
- 12 **What's a compliment you've received that had nothing to do with your appearance?**
- 13 **If your skin condition had a voice, what would it want you to know?**
- 14 **Name one filter, app, or habit you could try letting go of this week.**



Week 2 Reflection

Which reframe felt hardest to believe? Which felt easiest? What's one old belief you're actively unlearning?

WEEK 3

 Connection

This week looks outward, at the people who make honesty easier, and the ones who might need yours.

- 15 **Who in your life makes it easiest to be honest about hard days?**
- 16 **Write about a time someone else's honesty about their body helped you.**
- 17 **What do you wish people understood about living with your condition?**
- 18 **Describe what belonging feels like in your body, not just in a room.**
- 19 **Write about a stranger who was kind to you and didn't have to be.**
- 20 **What's one thing you could share with the Circle this week, even if it feels small?**
- 21 **Who would you like to thank for showing up for you lately?**



Week 3 Reflection

Who showed up in your answers this week? Is there someone you want to reach out to after this week?



WEEK 4



Moving Forward

This week looks ahead, at what you're carrying forward and what you're finally ready to put down.

- 22 What's one thing you did today despite feeling self-conscious?
- 23 Write about a version of confidence that isn't loud, just steady.
- 24 What's a goal you've been putting off until your skin "gets better"? What if you started now?
- 25 Describe how you want to feel a year from now, not look, feel.
- 26 What's a boundary you're proud of setting around your body or your story?
- 27 Write three things you're grateful your skin has taught you.
- 28 Name one way you've grown this month, even if it's small.
- 29 Finish this sentence: "I am more than my skin because..."



Week 4 Reflection

What's different about how you see yourself since Day 1? What do you want the next 30 days to look like?

KEEP GOING

Your 30-Day Streak Tracker

Tick a box for every day you show up, even if all you write is one line. This is a real, checkable grid.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Ways to Make This Yours

- Turn a prompt into a voice memo if writing feels like too much some days.
- Do a prompt with a friend or partner and compare answers afterward.
- Tuck a photo, a ticket stub, or a small memento next to entries that mean something.
- Set a recurring reminder so the journal doesn't quietly disappear from your routine.
- Revisit this journal in six months and answer Day 1 again. Notice what's changed.

BEYOND DAY 30

How to Keep Going

Confidence is a practice, not a finish line. However far you got, however many days you skipped, showing up here at all is the practice. Here are ten more prompts for whenever you want to pick this back up.

- 31 **What's a version of self-care that has nothing to do with appearance?**
- 32 **Write about a time you advocated for yourself, at a doctor's office, at work, anywhere.**
- 33 **What would "enough" feel like, if it wasn't tied to how your skin looks today?**
- 34 **Describe a place where you feel completely at ease in your own skin.**
- 35 **What's something you used to hide that you're willing to show more of now?**



BEYOND DAY 30, CONTINUED



A Few More Ways to Reflect

- 36 Write about a piece of advice you'd give someone just starting their own journal.
- 37 What does your support system look like, and where are the gaps?
- 38 Name a fear about your skin that's gotten quieter over time.
- 39 What's one thing you're looking forward to, unrelated to how you look?
- 40 Write a short note to someone else in the Circle who's earlier in their journey than you.



Make It a Ritual

Some members set a standing reminder on the first of every month to answer three prompts from this list, a small, recurring check-in rather than another 30-day sprint. There's no correct rhythm, only the one you'll actually keep.



BEFORE YOU CLOSE THIS



A Closing Note



However far you got, however many days you skipped, showing up here at all is the practice. Come back to this whenever you need to, this journal will still be here, unfinished pages and all.

One Last Prompt



If you only remember one thing from this journal, what do you want it to be?

[Share your story with the Circle →](#)