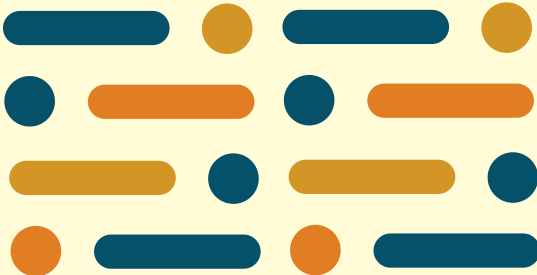




The Creative Map  
Creative Tools for Change

# Journaling for Self-Acceptance

30 days of questions,  
prompts & lists





**The Creative Map**  
Creative Tools for Change

**Written & compiled  
by Rachel Ireland**

**All content and design**

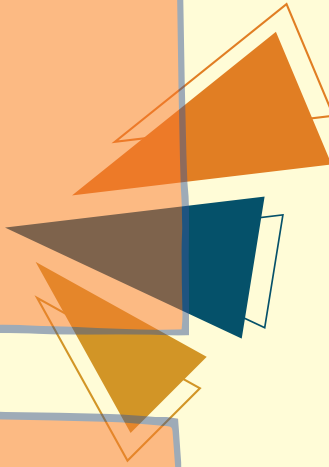
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**More resources at:  
[www.thecreativemapcic.com](http://www.thecreativemapcic.com)**



# Day 1

I like myself the most when...



What do you appreciate most about your personality?





# Day 2

I trust myself when...

Describe a time you felt proud of how you dealt with a situation.





# Day 3

Recently, my instincts have told me...

How would someone who loves you describe you?



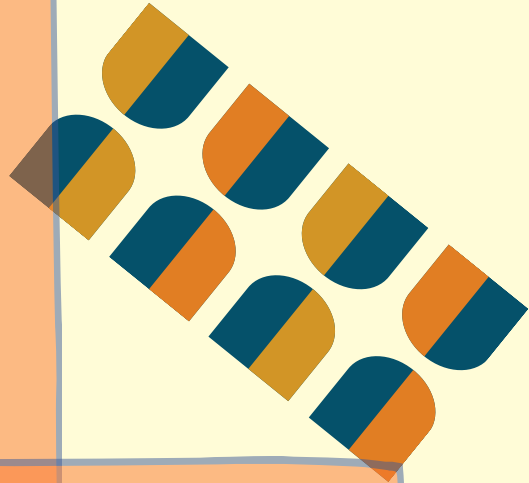
# Day 4

3 personal beliefs I'm proud of

1.

2.

3.



3 personal beliefs I could question or change

1.

2.

3.

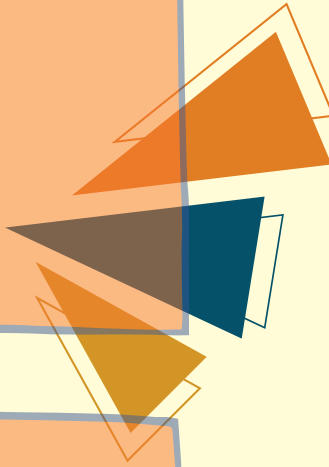




# Day 5

Something I have changed my opinion on is...

Large orange rectangular area for writing.



What do you feel strongly about?

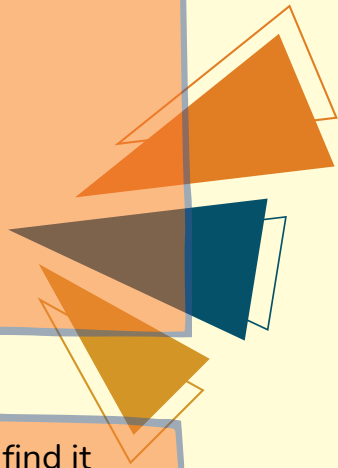
Large orange rectangular area for writing.





# Day 6

I wish I didn't feel...



Which aspects of your personality do you find it hard to accept?



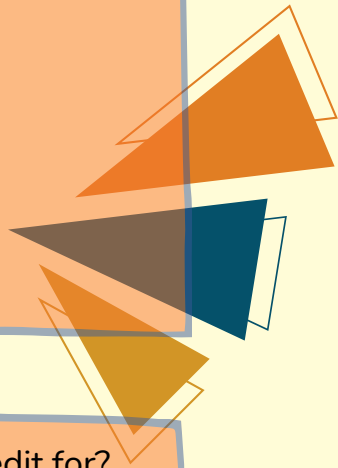




# Day 7

I know that I am capable of...

Blank space for writing answers to the question: "I know that I am capable of..."



What do you not give yourself enough credit for?

Blank space for writing answers to the question: "What do you not give yourself enough credit for?"



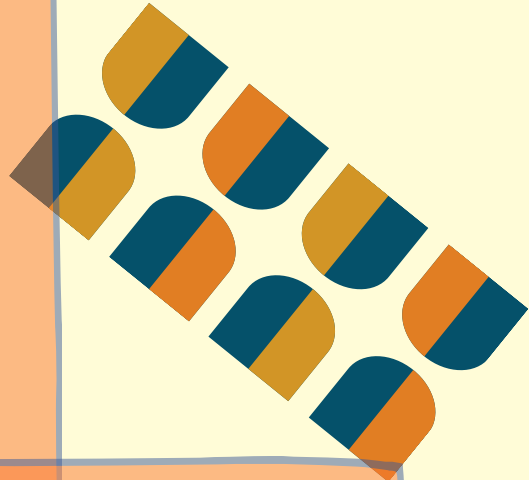
# Day 8

3 life-changing events that made me stronger

1.

2.

3.



3 things about myself I like to share with others

1.

2.

3.





# Day 9

I am ready to forgive myself for...

Which recurring thoughts no longer serve you?





# Day 10

Things that are not in my control include...

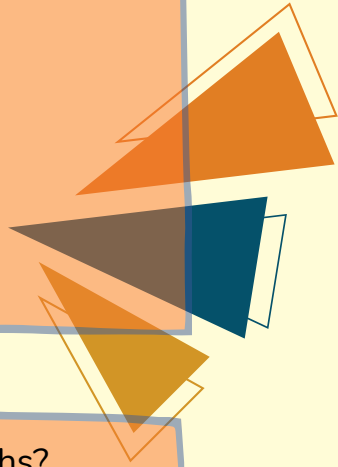
What expectations are you ready to let go of?





# Day 11

I am unique because...



How would a friend describe your strengths?



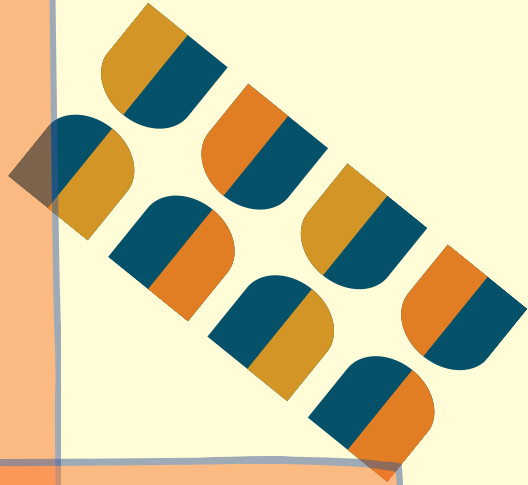
# Day 12

3 times I tried my best

1.

2.

3.



3 ways I can appreciate myself more

1.

2.

3.

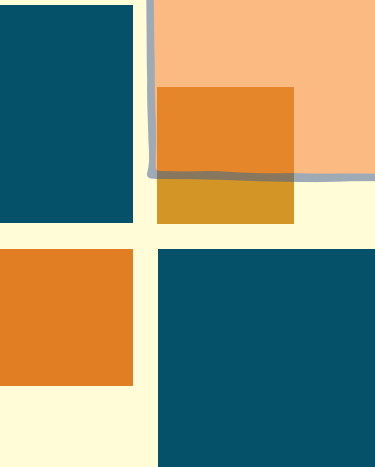
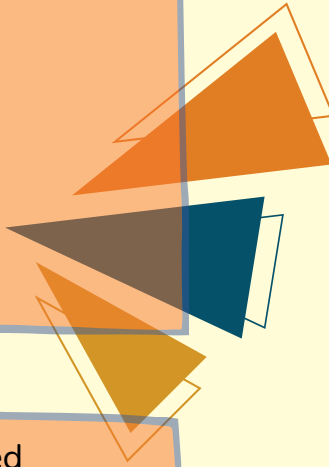




# Day 13

The journey of my life has taught me...

Write about a challenge that has improved your resilience.

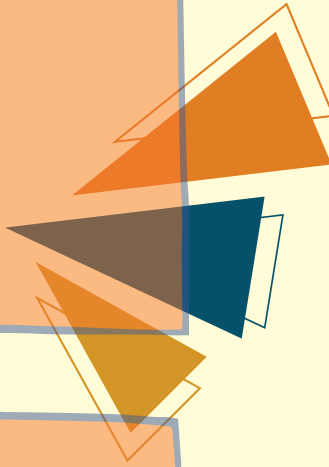




# Day 14

I know that I am of service to others when...

Blank space for writing the answer to the question: "I know that I am of service to others when..."



What do you enjoy doing for others?

Blank space for writing the answer to the question: "What do you enjoy doing for others?"

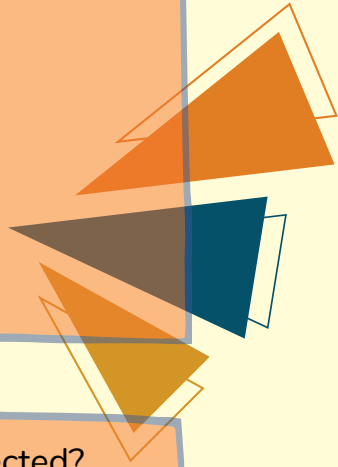






# Day 15

I have no need to compare myself to others because...



How would you like to be loved and respected?



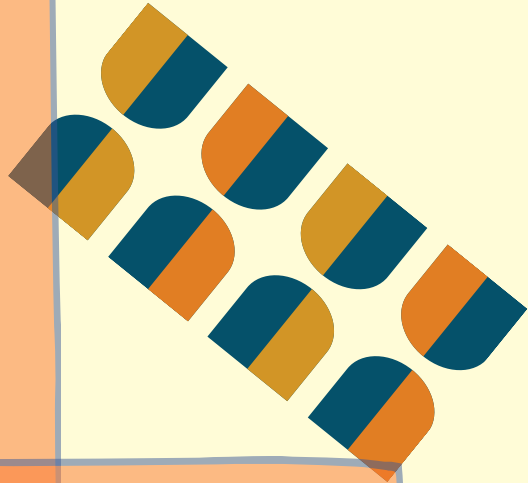
# Day 16

3 of my most valuable strengths

1.

2.

3.



3 weaknesses or flaws I accept about myself

1.

2.

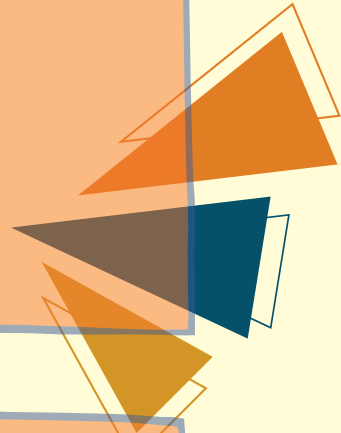
3.





# Day 17

A current situation that doesn't align with my values is...



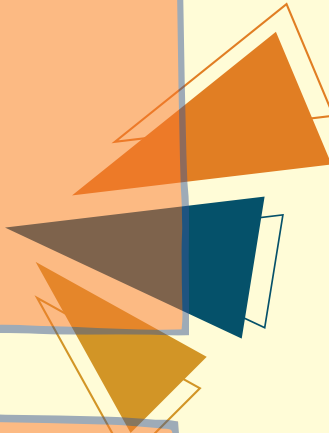
Write about those things you know you can change.



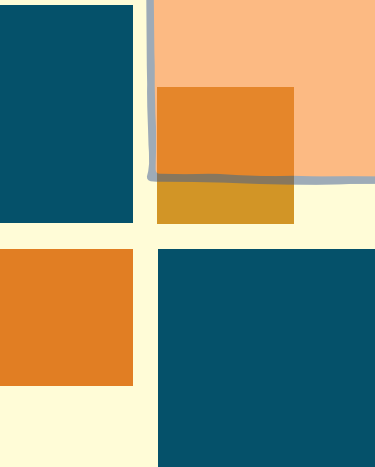


# Day 18

I am open to welcoming my feelings about...



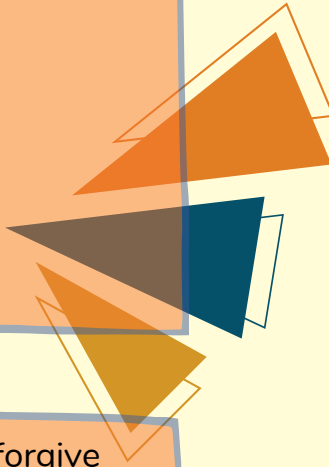
Write about the things you know you can't change.





# Day 19

I release and let go of the guilt relating to...



Write about something you are willing to forgive yourself for.



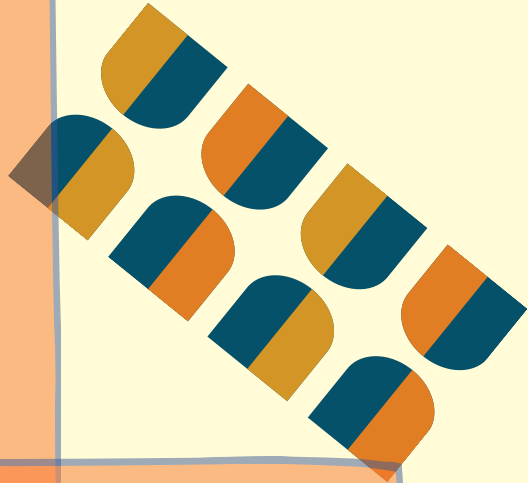
# Day 20

3 risks I'm glad I took

1.

2.

3.



3 of the biggest lessons I've learnt

1.

2.

3.

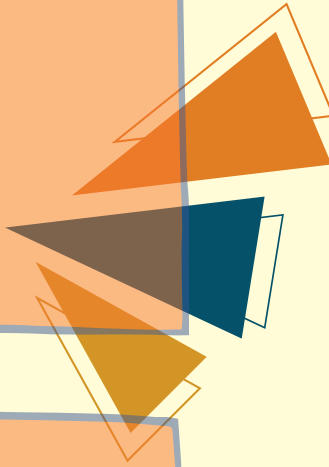




# Day 21

I am worthy of love because...

Large orange rectangular area for writing the response to the prompt above.



Describe a time you felt accepted.

Large orange rectangular area for writing the response to the prompt above.





# Day 22

If I truly loved and accepted myself I would...

Write about the last time you felt happy and carefree.

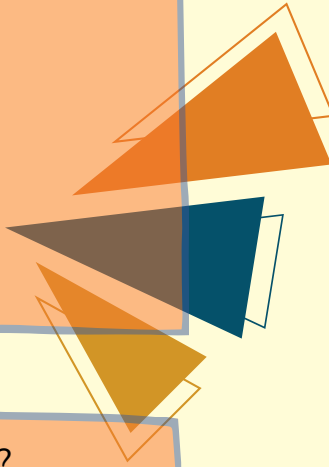






# Day 23

I could be more kind to myself by...



How can you be more accepting of others?



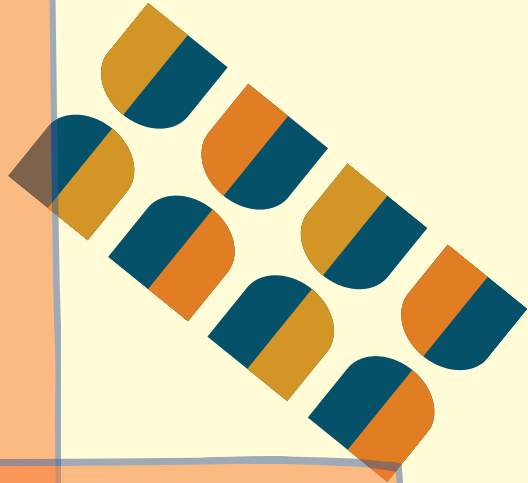
# Day 24

3 people who accept me for me

1.

2.

3.



3 people I love for being themselves

1.

2.

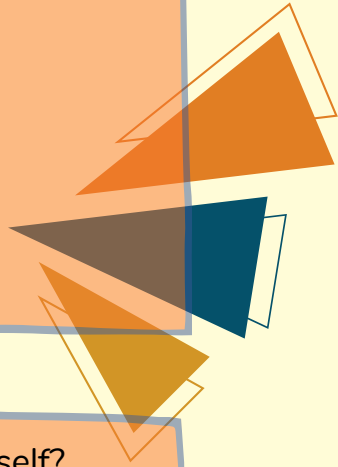
3.





# Day 25

I am valuable and I matter because...



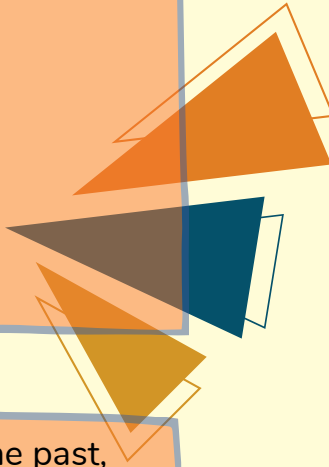
How could you be more patient with yourself?





# Day 26

Striving for perfection is counterproductive because...



When you accept that you can't change the past, how does it feel?





# Day 27

I give myself permission to...

When you accept that you are in control of your future, how does it feel?



# Day 28

Set the intention that you are willing to accept yourself exactly as you are. Then write about how that feels.



# Day 29

Write a letter to yourself as if you are writing to someone you love and are grateful for.



# Day 30

How do you feel having completed this journaling challenge?

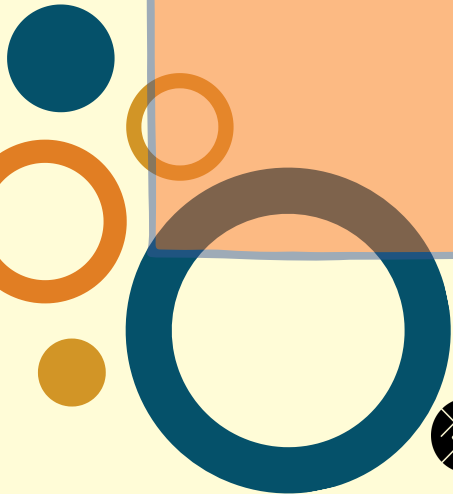
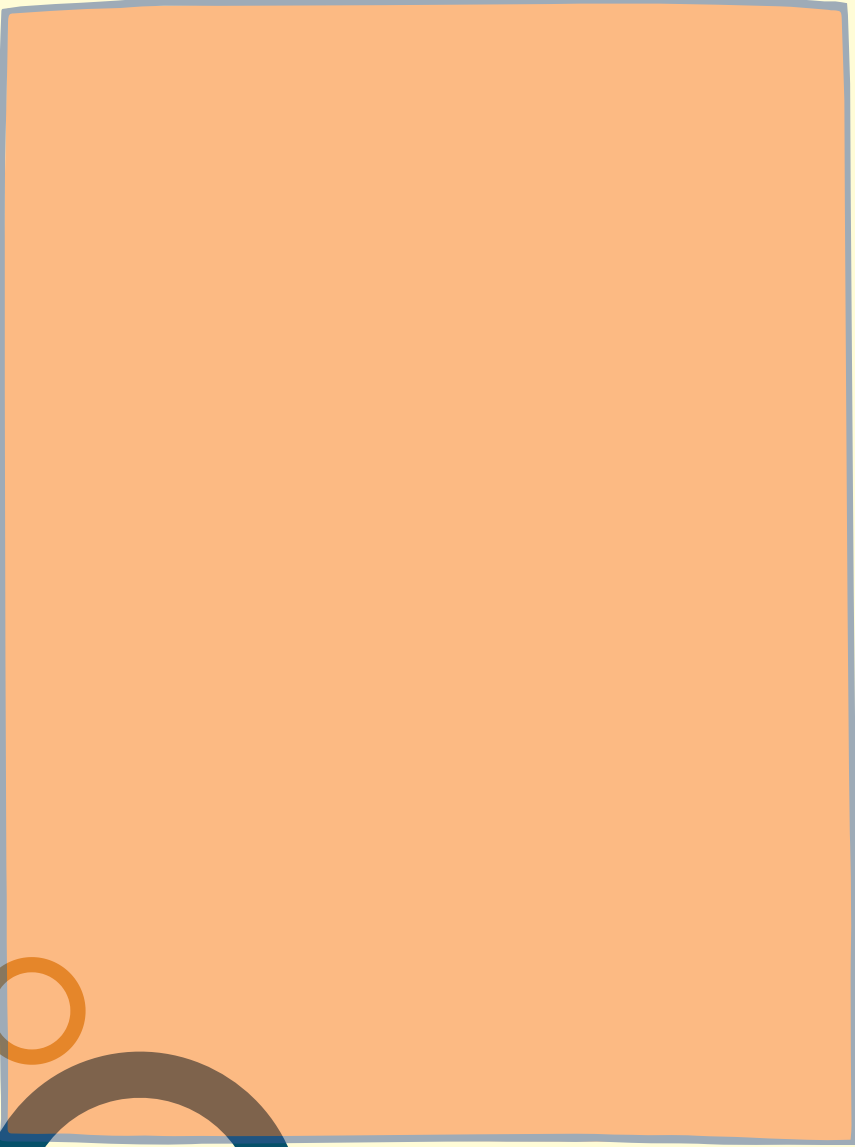
What have you learnt? What will you take away?

What do you really want to continue or do more of?

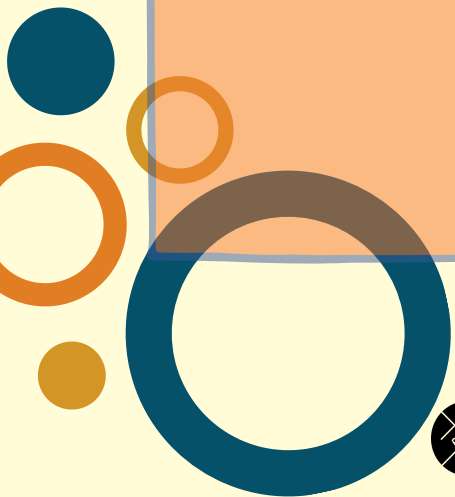
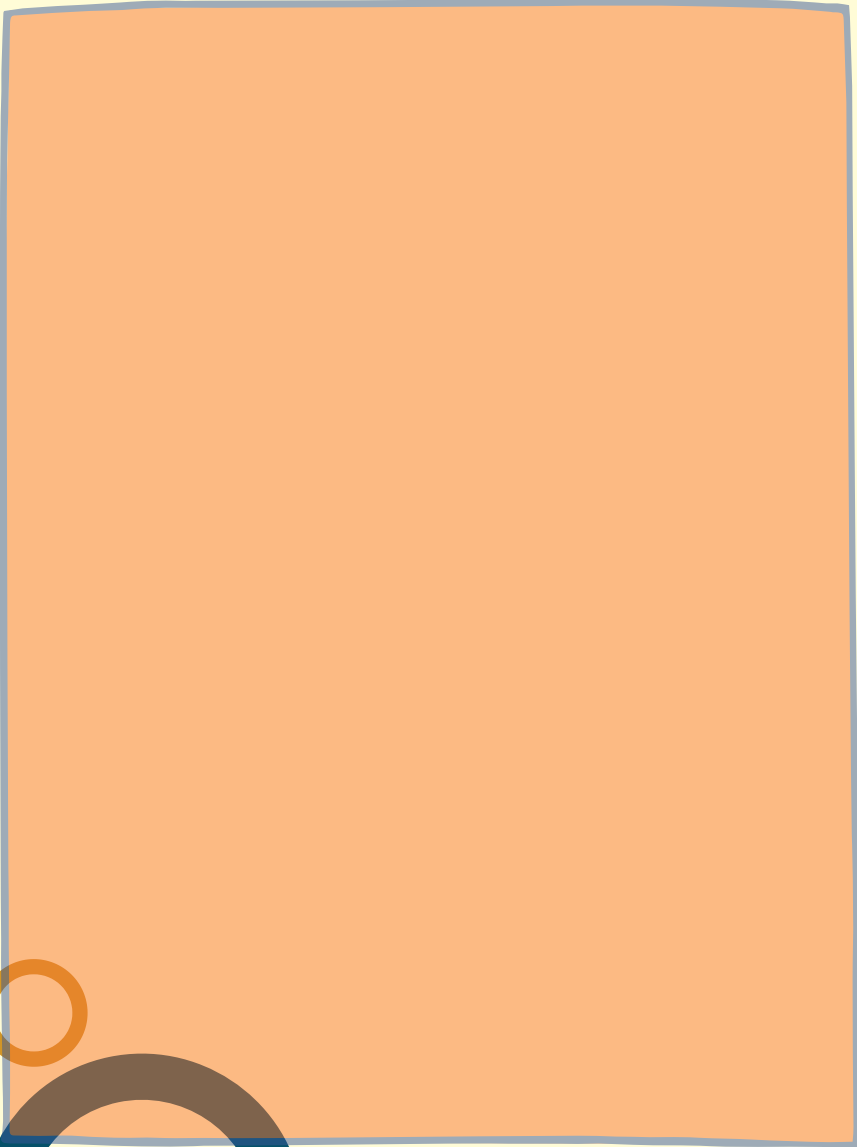




# Notes



# Notes





**The Creative Map**  
Creative Tools for Change

Everything we do at The Creative Map is designed to guide you through these five stages:

### **Step 1: What's Your Story?**

Using music, journaling, art, movement & storytelling to explore your identity, your story & your unique set of skills

### **Step 2: Pay It Forward**

Taking your personal experiences and turning them into an idea that could help others in a similar situation

### **Step 3: Building Your Community**

Creating a platform for your cause & building your community

### **Step 4: Funding Your Idea**

Generating funding to start & run your not-for-profit organisation or community group

### **Step 5: Making an Impact**

Planning for the longer term & making a bigger impact

### **Looking for more support?**

For ideas & Inspiration, browse the [blog](#) & [videos](#)

For step-by-step guidance, [choose a workbook](#)

For personalised support, [book a 1-1 call](#)

[www.thecreativemapcic.com](http://www.thecreativemapcic.com)



**The Creative Map**  
Creative Tools for Change

This 30-day workbook has been compiled based on the most popular journaling prompts and discussions in our monthly creative wellbeing workshops. Each day you will find either a prompt and question or two lists to complete, with additional days allowing time for reflection and space for your own notes.

It has been designed to accompany you on your journey through life, to remind you that you are exactly where you are supposed to be, and that you already have within you, everything you need to succeed.

**More resources at:**  
**[www.thecreativemapcic.com](http://www.thecreativemapcic.com)**