

# Journal Prompts #14

- **WHAT HABITS DO I HAVE THAT KEEPS ME COMPARING MYSELF TO OTHERS? HOW CAN I LET THESE HABITS GO?**
- **WHAT NEGATIVE BELIEFS DO I HAVE ABOUT MYSELF? ARE THEY TRUE?**
- **WHAT AM I HOLDING ONTO THAT I NEED TO FORGIVE MYSELF FOR? WHAT CAN I THANK MYSELF FOR?**

