

Journal Prompts

Module 2: Confidence



Take a moment to write in your journal.

Reflection 1

Identify your key character strengths (the Learning Activity for this Module will help). Think about how you might use these strengths in a job you want. How do your strengths line up with that job? What can you say about these strengths in an interview?

An example:

Honesty – I am able to speak up and ask for clarification when I am given a task that is unclear.

Reflection 2

Every day for the next week, if possible, write an example of how you used a character strength.

Some examples:

Honesty – Yesterday I acknowledged when I should have listened more actively when my daughter wanted to talk about her day.

Perspective – Today's one bad job interview doesn't mean I won't succeed.

Gratitude – Today I was grateful for the sun on my face when I went for a walk.

