



BONUS: THE CLEAR SKIN
CONFIDENCE JOURNAL

Your 30-Day Confidence & Skin
Reflection Journey

For The Clear Skin Pattern Reset™
By Joshua Biterefie

DAYS 1–15

DAY 1 — MY SKIN STORY

How has my skin affected my confidence?

DAY 2 — MY CONFIDENCE

What would I do differently if I stopped worrying about my skin?

DAY 3 — MY STRENGTH

Name 3 things you love about yourself that have nothing to do with your skin.

1.

2.

3.

DAY 4 — MY PAST ROUTINE

What products or trends have I tried before?

DAY 5 — WHAT I LEARNED

What didn't work for me, and what did I learn from it?

DAY 6 — MY NEW PROMISE

Instead of constantly changing my routine, I will focus on:

DAY 7 — MY BREAKOUT PATTERN

Where do I usually experience breakouts?

DAY 8 — MY TRIGGERS

What usually happens before my breakouts?

DAY 9 — MY LIFESTYLE

How are my sleep, stress, hydration and eating habits?

DAY 10 — MY BIGGEST CLUE

The strongest pattern I've noticed is:

DAY 11 — SIMPLIFY

One skincare habit I will simplify:

DAY 12 — MORNING COMMITMENT

My morning routine commitment:

DAY 13 — EVENING COMMITMENT

My evening routine commitment:

DAY 14 — LET IT GO

One skincare mistake I will stop repeating:

DAY 15 — MIDPOINT CHECK-IN

Today I feel:

☐ Confident ☐ Okay ☐ Insecure ☐ Frustrated

One thing I'm proud of:

One kind thing I'll tell myself:

DAYS 16–30

DAY 16 — SLEEP

What can I do to improve my sleep routine?

DAY 17 — STRESS

What is currently causing me the most stress?

DAY 18 — HYDRATION

Am I drinking water consistently?

☐ Yes ☐ No ☐ Improving

DAY 19 — FOOD HABITS

What healthy eating habits can I maintain?

DAY 20 — SELF-CARE

What is one thing I can do for myself today?

DAY 21 — MY PROGRESS

One positive change I've noticed:

DAY 22 — MY CONSISTENCY

One habit I'm becoming consistent with:

DAY 23 — MY SKIN LESSON

Something I've learned about my skin:

DAY 24 — MY PERSONAL LESSON

Something I've learned about myself:

DAY 25 — LET GO OF SHAME

One thing I no longer need to feel ashamed about:

DAY 26 — HOW I WANT TO FEEL

How do I want to feel when I look in the mirror?

DAY 27 — KEEP GOING

What will I continue after Day 30?

DAY 28 — CELEBRATE

Three things I'm proud of:

1. _____
2. _____
3. _____

DAY 29 — FORGIVE

One thing I've been too hard on myself about:

Today, I choose to let it go.

DAY 30 — MY NEW CHAPTER

Complete this sentence:

“I am no longer waiting for perfect skin before I...”

MY 30-DAY CONFIDENCE PROMISE

- ☐ I will be patient with my skin.
- ☐ I will stop comparing my skin to others.
- ☐ I will focus on consistency.
- ☐ I will pay attention to my patterns.
- ☐ I will treat myself with kindness.
- ☐ I will remember that my skin does not define my worth.

MY CLEAR SKIN CONFIDENCE STATEMENT

My skin does not determine my value.

I am more than a breakout.

I am more than what I see in the mirror.

I can take care of my skin while still enjoying my life, showing up confidently and appreciating who I am today.

I will Decode. I will Reset. I will Maintain.

I will not wait for perfect skin before I start living confidently.

30 DAYS COMPLETE ✓

My biggest lesson:

My next step:
