

# JOURNAL PROMPTS FOR SELF-DISCOVERY

1. WHAT ARE MY TOP FIVE VALUES, AND WHY ARE THEY IMPORTANT TO ME?
2. WHAT AM I MOST GRATEFUL FOR IN MY LIFE RIGHT NOW, AND WHY?
3. WHAT ARE SOME OF MY BIGGEST FEARS, AND HOW DO THEY HOLD ME BACK?
4. WHAT ARE MY BIGGEST STRENGTHS, AND HOW CAN I USE THEM TO ACHIEVE MY GOALS?
5. WHAT ARE MY BIGGEST WEAKNESSES, AND HOW CAN I WORK ON IMPROVING THEM?
6. WHAT DO I WANT TO ACHIEVE IN THE NEXT FIVE YEARS, AND HOW CAN I MAKE PROGRESS TOWARDS THOSE GOALS?
7. WHAT ARE SOME LIMITING BELIEFS I HOLD ABOUT MYSELF, AND HOW CAN I CHALLENGE AND REFRAME THEM?
8. WHAT ARE SOME OF THE BIGGEST CHALLENGES I'VE OVERCOME IN MY LIFE, AND WHAT DID I LEARN FROM THOSE EXPERIENCES?

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9. WHAT ARE SOME AREAS OF MY LIFE WHERE I FEEL STUCK OR UNFULFILLED, AND WHAT STEPS CAN I TAKE TO MAKE POSITIVE CHANGES?

10. WHAT ARE SOME OF MY FAVOURITE HOBBIES OR ACTIVITIES, AND HOW CAN I MAKE TIME FOR THEM IN MY DAILY LIFE?

11. WHAT IS SOMETHING THAT I'VE BEEN WANTING TO LEARN OR TRY, BUT HAVE BEEN PUTTING OFF? WHY HAVE I BEEN HESITANT, AND WHAT STEPS CAN I TAKE TO GET STARTED?

12. WHAT IS SOMETHING THAT I'M PROUD OF ACCOMPLISHING, AND HOW CAN I USE THAT EXPERIENCE TO MOTIVATE AND INSPIRE MYSELF IN THE FUTURE?

13. WHAT ARE SOME OF MY FAVOURITE MEMORIES FROM MY CHILDHOOD OR TEENAGE YEARS, AND WHAT DO THEY TELL ME ABOUT WHO I AM TODAY?

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14. WHO ARE THE MOST IMPORTANT PEOPLE IN MY LIFE, AND HOW DO THEY INFLUENCE AND SUPPORT ME?

15. WHAT ARE SOME OF THE BIGGEST CHALLENGES I'VE FACED IN MY RELATIONSHIPS, AND WHAT HAVE I LEARNED FROM THOSE EXPERIENCES?

16. WHAT ARE SOME OF MY FAVOURITE BOOKS, MOVIES, OR TV SHOWS, AND WHAT DO THEY TELL ME ABOUT MY VALUES AND INTERESTS?

17. WHAT ARE SOME THINGS THAT MAKE ME FEEL HAPPY AND FULFILLED, AND HOW CAN I INCORPORATE MORE OF THEM INTO MY LIFE?

18. WHAT ARE SOME OF THE THINGS THAT MAKE ME FEEL STRESSED OR OVERWHELMED, AND HOW CAN I MANAGE THOSE FEELINGS MORE EFFECTIVELY?

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19. WHAT ARE SOME OF THE BIGGEST RISKS I'VE TAKEN IN MY LIFE, AND HOW HAVE THOSE EXPERIENCES IMPACTED ME?

20. WHAT ARE SOME OF MY BIGGEST REGRETS, AND WHAT LESSONS CAN I LEARN FROM THOSE EXPERIENCES?

21. WHAT ARE SOME OF MY FAVOURITE QUOTES OR MANTRAS, AND HOW CAN I USE THEM TO INSPIRE AND MOTIVATE MYSELF?

22. WHAT ARE SOME OF THE THINGS I'VE ACCOMPLISHED IN MY LIFE THAT I'M MOST PROUD OF, AND WHY?

23. WHAT ARE SOME OF THE THINGS THAT I'VE STRUGGLED WITH IN THE PAST, AND HOW HAVE THOSE EXPERIENCES HELPED ME GROW AND LEARN?

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24. WHAT ARE SOME OF MY MOST SIGNIFICANT LIFE EXPERIENCES, AND HOW HAVE THEY SHAPED WHO I AM TODAY?

25. WHAT ARE SOME OF THE THINGS THAT I'M PASSIONATE ABOUT, AND HOW CAN I PURSUE THOSE INTERESTS MORE FULLY?

26. WHAT ARE SOME OF THE THINGS THAT I'M AFRAID TO ADMIT TO MYSELF, AND WHY?

27. WHAT ARE SOME OF THE THINGS THAT I'VE BEEN AVOIDING OR PROCRASTINATING ON, AND WHY? HOW CAN I BREAK THROUGH THOSE BARRIERS?

28. WHAT ARE SOME OF MY MOST SIGNIFICANT ACCOMPLISHMENTS, AND HOW HAVE THEY IMPACTED MY LIFE?

# JOURNAL PROMPTS FOR SELF-DISCOVERY

29. WHAT ARE SOME OF THE THINGS THAT I'M AFRAID OF LOSING, AND WHY?

30. WHAT ARE SOME OF THE THINGS THAT I'M MOST LOOKING FORWARD TO IN THE FUTURE, AND HOW CAN I WORK TOWARDS THOSE GOALS TODAY?