

# Journal Prompts: Self-Reflection & Self-Discovery

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Journaling can be a great way of growing a deeper connection and sense of awareness with yourself as well as help you explore how you interact with the world around you. Journal prompts can provide a quick source of inspiration on what to write about for a journal entry. Below you will find journal prompts that promote self-reflection and self-discovery. I encourage you to set aside time every day/week/month (depending on your need) and to select at least one journal prompt from the list below to write about.

## Personal Exploration and Self Understanding

- Who am I? Start with "I am \_." Fill that blank with as many words describing yourself as you can. Get creative and challenge yourself to dig deeper so that you'll become aware of all the little things that make up who you are.
- What is most important to me?
- Am I happy? What is happiness to me?
- The most important things in my life are ...
- What is your life motto, or what words do you live by?
- How does it feel to be the age you currently are?
- What makes you, you?
- Are you an introvert or an extrovert? How has it shaped your life?
- Write a list of your favorite quotes and/or song lyrics.
- What are ten things in my life right now that make me happy?
- What is on your bucket list?
- Name three things you couldn't live without
- If you won lotto tomorrow, what would you do?
- What is your favorite season and why?
- List 5 things you love about your home
- Describe a day in your life that was especially enjoyable. What made the day so good?
- My favorite way to spend the day is ...
- What are my most favorite things to do?
- What was the funniest thing you saw or heard this week?
- If you could have a superpower, what would it be?
- Write about a book, movie or song that has made a huge impact on you
- Write about a cause close to your heart, and why it is so important to you
- What memory do you cherish the most?
- My favorite childhood memory is ...
- What is your earliest childhood memory?
- Write about the place you grew up. How has it shaped you?
- Write a letter to the younger you and/ or write a letter to an older you.
- If you could relive an experience in your life, what would it be?
- Where is your favorite place in the world?
- Reflect on how you have changed in the past 5 years
- What are your darkest moments and how have they shaped you into who you are today?
- What is something that has impacted positively on your life?

### Reflections on Relationships

- What do you wish others knew about you?
- What is the best advice someone has ever given you? Furthermore, what impact did this have on your life?
- What is the best gift you have ever given or received?
- What is the best compliment you've ever received?
- Who do you look up to, and what do you admire most about them?
- Who inspires you?
- Discuss how the people in your life make you feel. How do you perceive yourself after spending time with them? How will that affect how you spend time with them in the future?
- How has each member of your immediate family helped to shape your life?
- What friends are you most grateful for? List what makes each friend so special.
- What do you look for in a close friend? Do you have those characteristics?
- Describe a time a friend went out of their way to help you. How do you serve the people in your life?
- Make a list of the people in your life who genuinely support you, and who you can genuinely trust. (Then make time to hang out with them.)
- What does unconditional love look like to you?
- Reminisce about your first love. (P.S. It could be a car, a person, or something else) What did they bring to your life? What did you learn from them/your experience?
- What do you love most about your partner? List them
- Reminisce about a special, momentous day with your partner, family, friend, or other loved one.
- Your partner is not giving you something you need. Do you tell them or suffer in silence?
- Do you have a pet? Write about them!
- Write about the first time you saw/held your newborn
- Write a letter to your son or daughter
- Write about a memorable moment as a parent, aunt, uncle, etc.
- Describe a time you felt especially valued and loved.
- To show someone you love them, are you likely to use words, actions, or another method?
- In what ways have you grown as a person this year? What/who has influenced you? And what have you learned?
- Is there something or someone I need to forgive in life? Am I forgiving myself enough?
- Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.

### Exploration of Personal Goals

- Sit down and do a life audit. Work through every section of your life and assess what is working well, what isn't, and any changes you could make
- What would you do if you knew you could not fail?
- What does success mean to you?
- What is something I've always wanted to do or learn?
- What does it mean to live an authentic life?
- What do you value? (i.e. honesty, adventure, order, love, etc.)
- Describe your dream life.

- When you think about your future, what do you fear the most?
- When you think about your future, what do you hope for the most?
- Where do I want to be in 5 years? 10 years?
- What are the 3 biggest distractions in your life at the moment, and how can you go about reducing them?
- If you struggle with procrastination, what do you think causes it?
- Do you have a routine or are you a person who hates routine?
- Do you lean into challenge or away from it? Describe a time you were given a challenge you weren't sure you could complete. How did the situation make you feel?
- Someone gives you a complex task you're not sure how to accomplish. Do you make a plan? Ask someone for help? Research how others have done similar projects in the past? Read a book on the topic. What does this tell you about your learning style?
- What is my dream job? How can I get there?
- Write down a list of short-term goals and long-term goals.
- Write a life "to-do" list and then get to work on checking those items off of your list.
- What are some things I can do now that I couldn't do before?
- What do you want to be remembered for?
- What can you do today to move you closer to your goals?

### Body, Self-Image, and Self-compassion Reflection

- I feel happiest in my skin when...
- If my body could talk it would say...
- What are 15 things I love about myself?
- Write down the definition of beauty in your own words: What is beautiful about life? Do I find myself beautiful? Why or why not?
- Choose 3 photos of yourself across your lifetime and write about how you feel looking at them. On reflection, what were you doing in the photo and what you were like at the time?
- If someone else described you, what do you think they'd say?
- Describe yourself in 10 words.
- What are my best qualities?
- What are you really good at?
- What is your greatest strength? Describe a time this strength served you well.
- What is your greatest weakness? Describe a time this weakness held you back.
- What can you learn from your biggest mistakes?
- When do I feel most in tune with myself?
- What limiting beliefs of self-criticism do you have that's keeping you from reaching your goals, dreams, and/or impacts how you view yourself?
- How do you tend to your emotional and mental health?
- What commitments can you make in order to take better care of yourself?
- When I'm in pain – physical or emotional – the kindest thing I can do for myself is...
- What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?
- When was the last time you "stood up" for yourself?
- What are you most grateful for in your life? List at least 10 things.
- Write down 5 positive affirmations about yourself. Repeat them daily.