

25 Journal Prompts

FOR SELF-DISCOVERY

1. Who am I when no one is around?
2. What are my personal boundaries?
3. What values are most important to me?
4. How do my values impact my choices and actions?
5. What is my personal "code for life"? What rules or ethics do I abide by?
6. What expectations do I have for myself?
7. What advice would I give to my younger self?
8. Am I living up to my full potential in life? If not, what is holding me back?
9. If I die today, how will I be remembered? How do I want to be remembered?
10. What (or who) am I holding on to that I need to let go? What are the reasons I've held on to them? What could happen if I let go of them?
11. What are my resentments? What role do I play in each resentment?
12. For what moment today (or recently) am I the most grateful? The least grateful?
13. When today (or recently) did I ask for what I needed? When today (or recently) did I not ask for what I needed? What was the outcome?
14. What was my biggest struggle today?
15. What helped me most with my negativity today (or recently)? What helped me least with my negativity today (or recently)?
16. What are some of my biases? Where did they come from?
17. What parts of myself do I tend to hide from others and why?
18. What is my definition of love?
19. What qualities do I look for in a friend? Am I someone I'd want to be friends with? Why or why not?
20. What are my relationship values?
21. What is a reoccurring dream that I have?
22. What are my biggest regrets in life?
23. What are my motivations in life?
24. How have I changed in the past year?
25. What do I want to change the most about myself and why?

