

This is a contemplation and connection exercise designed to increase self-awareness. Select one Focus Prompt from the list below each day, either by the day of the month or at random, as you feel led. You can choose to journal about the prompt you select, use it for quiet personal reflection, or use it as a conversation starter with those you encounter throughout your day.

1. How have I changed from the person I was last year?
2. Who is the most influential person in my life?
3. In what ways do I feel loved and appreciated?
4. What are my most significant achievements?
5. In what ways do I demonstrate self-confidence?
6. When am I at my very best?
7. What would I like to experience more of in my life?
8. How would those closest to me describe me to a potential client or employer?
9. What areas of my life do I need to heal?
10. In what ways do I encourage or support others?
11. Which of my current habits are most beneficial in the pursuit of my goals?
12. How do my current relationships support my goals?
13. What qualities do I most want to incorporate into my personality?
14. How have my life experiences shaped the person I am today?
15. What do I need to release from my life to become the best version of myself?
16. In what ways do my current views about money support me in attaining my financial goals?
17. What activities did I enjoy most as a child?
18. How do I show appreciation to those who have supported me?
19. What helped me to overcome the challenges I encountered in the past?
20. Which of my current responsibilities can be automated or outsourced to free up time and energy?
21. What is my body trying to tell me?
22. In what ways do I accept responsibility for my actions?
23. What skills do I need to acquire to achieve my goals?
24. How do I currently express gratitude?
25. What motivates me to take action toward my goals?
26. How does my current environment support my personal growth and development?
27. What do I admire most about myself?
28. How do the words I speak and the thoughts I think support my life vision?
29. Who can I partner with to support me in working toward achieving my goals?
30. How would I describe my ideal day?
31. What is the best advice I ever received?