

# **SELF-DEVELOPMENT**



## **Journal Prompts**



**BY GREAT MINDS TOGETHER**

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# What are the benefits of keeping a journal?

Journals or diaries help us to organise our thoughts and help us to understand them.

You can record daily events, thoughts and feelings about certain experiences or use them to express your creativity.

Below are some self-development prompts you can use to add new entries to your journal.



# Self-Development Prompts

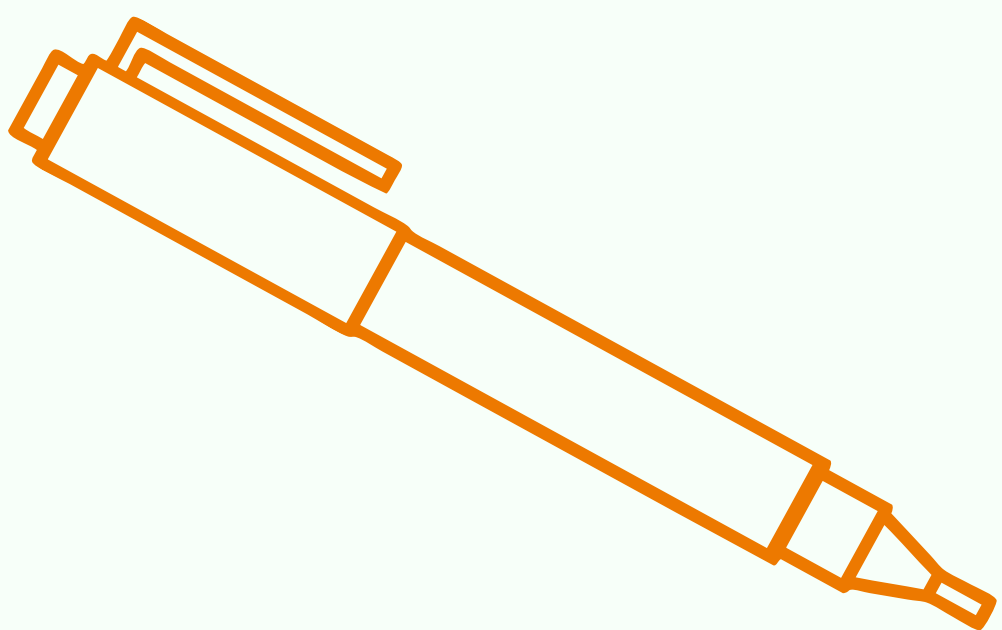
**Who are your greatest role models and why?**

**In what way are you similar to your role models?**

**What is the nicest thing someone has ever said to you?**

**Write down 5 things you love about yourself and why**

**What things are you grateful for that have happened to you?**



# Self-Development Prompts

**What is the biggest mistake you've ever made?**

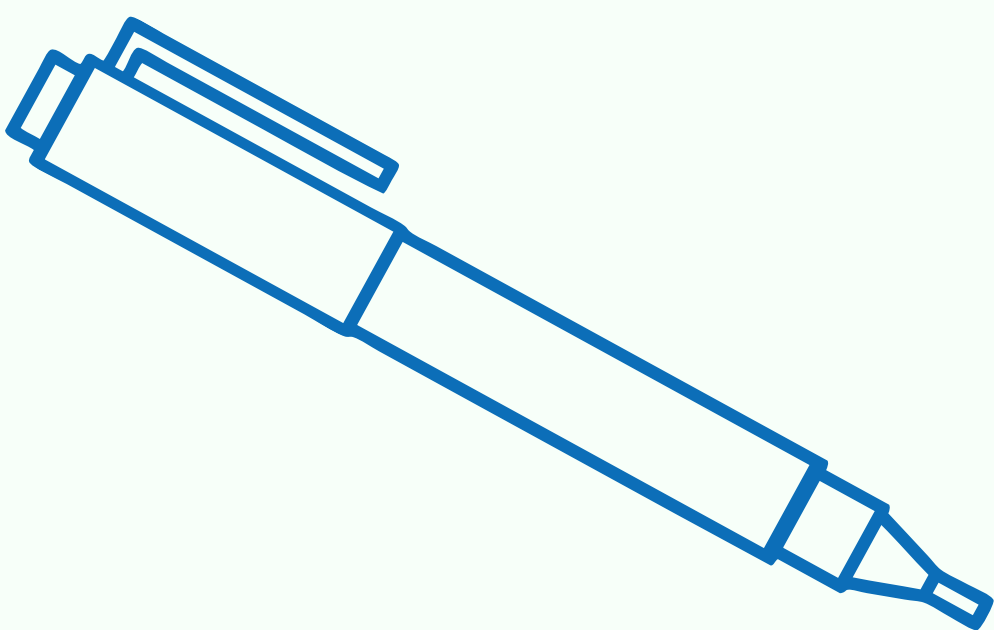
**What did you learn from this mistake?**

**What do you want people to remember about you?**

**Where do you see yourself in 10 years time?**

**How are you going to get there?**

**If you could go back in time and change 1 thing, what would it be?**



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