

Journal Prompts on Resilience & Growth

Recognizing Resilience

1. Write about a difficult time in your life that you overcame. What helped you get through it?
2. What personal strengths have helped you navigate challenges?
3. How do you typically respond to setbacks? What would you like to change about your response?
4. Describe a moment when you surprised yourself with your own strength.
5. Who in your life has inspired you with their resilience? What did you learn from them?

Embracing Growth

6. What is a challenge you're currently facing? How can you reframe it as an opportunity for growth?
7. How do you handle failure? What has failure taught you?
8. What is a limiting belief that holds you back? How can you reframe it into something empowering?
9. Write about a time when you stepped out of your comfort zone. What was the outcome?
10. What areas of your life have you grown in the most over the past year?

Building a Growth Mindset

11. How do you talk to yourself when facing difficulties? How can you make your self-talk more supportive?
12. What role does gratitude play in your ability to grow and move forward?
13. Think of a past mistake—what did it teach you, and how have you applied that lesson?
14. How do you usually deal with change? What would help you adapt more easily?
15. What does resilience mean to you? How can you cultivate more of it in your life?

Looking Ahead

16. What goals do you have for your personal growth in the next six months?
17. What small steps can you take to build resilience in your daily life?
18. What is one thing you've been afraid to try? How would taking the leap help you grow?
19. How can you be kinder to yourself as you continue to grow and change?
20. Imagine your future self five years from now—what advice would they give you about resilience and growth?