

## **Journal Prompts for Identity and Self Discovery:**

### **Exploring My Core Identity**

1. How would I describe myself without mentioning my job, relationships, or external roles?
2. What values are most important to me, and how do they shape my decisions?
3. When do I feel most like myself, and what circumstances allow me to be authentic?
4. What parts of my personality do I love the most, and why?
5. How has my identity evolved over the past five years? What's changed the most?

### **Uncovering My Strengths & Passions**

6. What activities make me feel the most fulfilled or alive?
7. What are three qualities or skills I possess that I'm truly proud of?
8. If I had unlimited time and resources, what hobbies or interests would I explore?
9. When have I felt the most confident and empowered? What was I doing?
10. What challenges have I overcome that have shaped who I am today?

### **Understanding My Beliefs & Perspectives**

11. What beliefs or values did I inherit from my family, and do they still align with who I am?
12. Have I ever changed my perspective on something significant? What led to that change?
13. How do I define success, and has that definition shifted over time?
14. What does self-worth mean to me, and do I base it on internal or external factors?
15. What are my biggest fears about fully embracing who I am?

### **Navigating Relationships & Identity**

16. How do the people around me influence my sense of self?
17. In what ways do I adjust my personality around different people?
18. Are there any relationships in my life that make me feel like I can't be my true self?
19. How do I want to be remembered by the people in my life?
20. What kind of people do I feel the most at home with, and why?

### **Envisioning My Future Self**

21. If I could give my younger self advice about identity, what would it be?
22. What does my ideal future self look like, and what steps can I take to become that person?
23. How do I want to continue growing and evolving as a person?
24. What are some ways I can embrace and celebrate who I am today?

25. What parts of my identity am I still discovering, and how can I explore them with curiosity instead of fear?