

## **Journaling Prompts for Identity / Figuring Out Who I Am**

1. When do I feel most me? Who am I with, what am I doing, how do I feel?
2. What values matter most to me, even if I'm not fully living them yet?
3. If I weren't afraid of judgment or rejection, how would I live differently?
4. Who do I admire, and what qualities in them resonate with my own deep self?
5. What labels have I carried that don't feel true anymore?
6. What are 3 moments in my life where I felt proud, strong, or free?
7. How would I describe my "authentic self" in five words?
8. What do I want to stand for? What kind of legacy do I want to leave?