



SELF REFLECTION JOURNALING

Prompts

By Lizzy Sutton

JOURNALING PROMPTS

Below you'll find some journaling prompts to help you reflect & dig a little deeper into your life, what you've learned so far & where you are heading. Choose any topic and sit down to write about it (you can do full sentences or just bullet points) for at least 30 minutes. Use the note sheets provided or a specific journal/notebook for this!

01. Three good habits I want to develop in myself this year and why
02. What do the most successful people I know do differently compared to me?
03. In my dream life, what am I be doing daily? How did I achieve this dream?
04. What are some things I would teach to my 10 years younger self?
05. What advice would 10 years older you give you today?
06. If you had 6 months to live, what would you do?
07. What do you think is holding you back? With a gun to your head, how would you overcome these obstacles?
08. If money was no obstacle, what would you be doing?
09. How would your best friends describe you? What positive and negative things they would probably point out? What can you learn from this?
10. What are you most grateful for in life? Why?
11. Who are you most grateful for in life? Why?
12. What are the things you have the most fun doing?
13. What are some limiting beliefs that are holding you back? How can you reframe them for a positive change?
14. How have you changed/grown over the past 5 years?
15. What are your most precious memories? How can you make more such memories?
16. What are your strongest qualities?
17. What things are making my life more complex than it needs to be? How can I make it more simple?
18. What has been going really well in my life lately?
19. What are you excited about and looking forward to in the future?
20. What are the most life-altering events in your life?
What can you learn from them?
21. How are you showing kindness towards yourself and how towards others?
22. What did you use to do for fun as a child?
23. What do I love most about myself?
24. What I would like to be remembered for?

NOTES

Date:

