118 JOURNAL PROMPTS

About yourself

Emotional Wellness Center
of Valdosta

Journal prompts about yourself

1) WHAT ARE YOU ADMIRED AND COMPLIMENTED FOR THE MOST?

2) HOW DO YOU THINK YOU CAN MAKE YOUR LIFE MORE ENJOYABLE?

3) WHAT DOES SUCCESS MEAN TO YOU?

4) WHAT IS THE BEST ADVICE YOU HAVE EVER RECEIVED?

5) WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF?

6) WHAT DO YOU THINK YOU ARE MISSING RIGHT AT THIS MOMENT?

7) WHAT DO YOU LOVE THE MOST ABOUT YOURSELF?

8) DEFINE YOUR BOUNDARIES.

9) WHAT DO YOU LOOK FOR WHEN YOU ARE STRUGGLING?

10) WHAT ARE THE OUTWARD SIGNS YOU DISPLAY WHEN FEELING OVERWHELMED?

11) WHEN DO YOU FEEL THE MOST CREATIVE?

12) WHAT DO YOU DO WHEN YOU FEEL UNAPPRECIATED?

13) WHEN DO YOU FEEL THE MOST PRODUCTIVE?

14) WHEN DO YOU FEEL THE MOST PRODUCTIVE?

15) WHAT MAKES YOU FEEL THE MOST AT HOME?

16) WHAT IS YOUR WORST HABIT?

17) WHAT IS YOUR BEST ATTRIBUTE?

18) WHAT IS YOUR FONDEST MEMORY?

19) WHAT IS YOUR WORST MEMORY?

20) WHAT IS THE ONE THING YOU CANNOT LIVE WITHOUT?

21) HOW WOULD YOU DESCRIBE YOURSELF?

22) WHAT IS THE BIGGEST LESSON THAT YOU LEARNED FROM LIFE?

23) WHO IS THE PERSON YOU LOOK UP TO THE MOST?

24) WHAT MAKES YOU FEEL THE MOST AT PEACE?

25) WHAT DO YOU WANT TO BE SEEN OR RECOGNIZED AS?

26) WHAT IS THE ONE THING YOU NEED TO LET GO OF?

27) A SONG THAT DEFINES THE REAL YOU. WHY?

28) DO YOU THINK YOU CAN SPEND THE ENTIRE DAY IN YOUR OWN COMPANY WITHOUT FEELING BORED?

29) WHEN FACED WITH A TASK YOU ARE UNSURE ABOUT, WOULD YOU ASK FOR HELP? WHY?

30) HOW DO YOU APPROACH CHALLENGES IN LIFE?

31) DO YOU TRY SOMETHING NEW TO IMPRESS OTHERS?

32) WHEN THE WORKLOAD IS OVERWHELMING, WOULD YOU PUT IN EXTRA EFFORT OR ASK FOR HELP?

33) WHICH ONE WOULD YOU CHOOSE – A WELL-PAYING JOB YOU HATE OR A LOW-PAYING ONE YOU LOVE?

34) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?

35) IF ALLOWED TO CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE? WHY?

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40) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?

41) IF ALLOWED TO CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE? WHY?

42) HOW CAN YOU MAKE YOURSELF FEEL SAFER?

43) DO YOU HAVE A SAFE PLACE? WHY DO YOU NEED ONE?

44) HOW DO YOU DEAL WITH YOUR WORRIES?

45) WHAT IS YOUR BIGGEST ACHIEVEMENT?

46) HAS ANYTHING CHANGED YOUR OUTLOOK ON LIFE?

47) WHAT MAKES YOU JUMP WITH EXCITEMENT?

48) DO YOU THINK YOU ARE GOOD AT MAKING DECISIONS? HOW CAN YOU IMPROVE?

49) DO YOU CONSIDER YOURSELF AN ORGANIZED PERSON?

50) WHAT DO YOU CONSIDER THE MOST IMPORTANT THING IN LIFE?

51) DO YOU THINK YOU ARE FOCUSED? HOW CAN YOU IMPROVE?

52) WHAT IS THE PROUDEST MOMENT IN YOUR LIFE?

53) LIST SOME PERSONAL DETAILS ABOUT YOU FEW PEOPLE ARE AWARE OF.

54) WHAT CAN YOU DO TO CHANGE THE WORLD?

55) SOMETHING NEW THAT YOU DISCOVERED ABOUT YOURSELF.

56) WHAT IS THE PART OF THE DAY YOU ARE HAPPIEST? WHY?

57) ONE THING IN YOUR LIFE YOU DON'T WANT TO GIVE UP. WHY?

58) DO YOU THINK RULES AND LAWS SHOULD BE FOLLOWED?

59) DO YOU THINK BREAKING RULES IS OKAY IF THE SITUATION DEMANDS IT?

60) WHAT IS THE FIRST THING IN LIFE YOU ARE WILLING TO GIVE UP?

61) HOW DO YOU FEEL WHEN YOU ARE NOT SUCCESSFUL?

62) HOW DO YOU FEEL WHEN YOU DON'T GET WHAT YOU WANT?

63) ON A SCALE OF 1-10, HOW MUCH SELF-CONTROL DO YOU HAVE? HOW CAN YOU IMPROVE?

64) HOW DO YOU FEEL WHEN FACED WITH REJECTION?

65) WHICH ANIMAL REPRESENTS YOU THE BEST? WHY?

66) HOW TRUTHFUL ARE YOU IN DAILY LIFE? DO YOU THINK YOU CAN DO BETTER?

67) ARE YOU A FORGIVING PERSON? IS THERE ANY SCOPE FOR IMPROVEMENT?

68) HOW EASILY DO YOU FORGIVE YOURSELF?

69) ARE YOU A LEADER OR A FOLLOWER? ARE YOU HAPPY WITH YOUR PRESENT MINDSET?

70) WHAT IS YOUR STRATEGY TO MANAGE FEAR?

71) HOW OFTEN DO YOU BRING OUT YOUR CREATIVE SIDE? DO YOU HAVE TROUBLE WITH THIS?

72) DOES ASKING FOR HELP COME NATURALLY TO YOU? DO YOU THINK YOU NEED TO WORK ON THIS?

73) DO YOU DRESS UP TO IMPRESS OTHERS OR FOR YOURSELF?

74) WHAT ARE YOU THE MOST PASSIONATE ABOUT?

75) HOW CONFIDENT ARE YOU ABOUT YOUR CAPABILITIES?

76) DO YOU NEED TO PLAN EVERYTHING DOWN TO THE LAST DETAIL?

77) DO YOU LOVE YOURSELF, WARTS AND ALL?

78) WHAT OR WHO MAKES YOU FEEL UNCOMFORTABLE?

79) DO YOU FOLLOW ANY ROUTINES OR RITUALS FOR COMFORT?

80) DO YOU THINK OF YOURSELF AS A PATIENT PERSON?

81) DO YOU APOLOGIZE OFTEN? DO YOU THINK THIS IS NECESSARY?

82) HOW IMPORTANT IS WORK IN YOUR LIFE?

83) ARE YOU IN THE HABIT OF DAYDREAMING? WHAT ABOUT AND WHY?

84) WHAT DO YOU CONSIDER YOUR DRASTIC FAILURE?

85) WHAT WAS THE MOST IMPORTANT DECISION YOU EVER MADE IN LIFE?

86) DO YOU THINK YOU ARE UNIQUE? WHY?

87) ARE YOU AWARE OF YOUR BELIEFS? DO YOU FOLLOW THEM?

88) DO YOU CONSIDER YOURSELF AN EXTROVERT OR AN INTROVERT?

89) WHAT WAS THE MOST DIFFICULT CHOICE YOU HAVE EVER MADE?

90) DO YOU THINK YOUR LIFE IS TOO FAST-PACED OR TOO SLOW?

91) HOW GOOD ARE YOU AT PROBLEM-SOLVING?

92) DO YOU THINK YOU ARE KIND AND COMPASSIONATE WITH YOURSELF?

93) DO YOU EMPATHIZE WITH OTHERS?

94) HOW GOOD IS YOUR COMMUNICATION SKILL?

95) WHAT ANNOYS OR BOTHERS YOU THE MOST?

96) HOW WOULD YOU RATE YOUR WORK ETHIC? DO YOU THINK THERE IS SCOPE FOR IMPROVEMENT?

97) WHAT IS THE MOST INSPIRATIONAL QUOTE YOU HAVE COME ACROSS? WHY?

98) WHAT IS THAT ONE WORD THAT SUMS UP YOURSELF?

99) DO YOU LOOK AT YOUR LIFE AS AN OUTSIDER?

100) HOW OFTEN DO YOU VENTURE OUTSIDE YOUR COMFORT ZONE? HOW DOES THAT MAKE YOU FEEL?

101) ARE YOU SATISFIED WITH THE WAY YOUR LIFE IS PANNING OUT?

102) HAVE YOU EVER PAUSED A FACET OF YOUR LIFE? WHY?

103) DO YOU FEEL YOUNGER OR OLDER THAN YOUR REAL AGE? WHY?

104) DO YOU FALL APART UNDER PRESSURE?

105) WHAT MAKES LIFE WORTH LIVING?

106) ON A SCALE OF 1-10, HOW DO YOU RATE YOUR ABILITY TO PERSIST AND PERSEVERE? GIVE REASONS.

107) DO YOU THINK YOU ARE A QUITTER? WHY?

108) HOW EASY IS IT FOR YOU TO ADMIT YOUR MISTAKES? DO YOU THINK YOU SHOULD IMPROVE?

109) WHICH PART OF YOUR LIFE DO YOU THINK YOU NEED TO DEVOTE MORE TIME TO?

110) HOW GOOD ARE YOU AT TIME MANAGEMENT? HOW CAN YOU IMPROVE?

111) DO YOU THINK YOU HAVE DESTRUCTIVE TENDENCIES IN YOU?

112) WHAT IS THE ONE THING THAT CAN MAKE LIFE MORE DIFFICULT FOR YOU?

113) WHAT IS THE ONE CAUSE THAT YOU SUPPORT VOCIFEROUSLY? WHY?

114) DO YOU THINK YOU RESPOND WELL IN THE FACE OF A CRISIS? SHOULD YOU IMPROVE?

115) WHAT DO YOU CONSIDER YOUR MOST PRIZED POSSESSION? WHY?

116) DO YOU FEAR BEING ABANDONED? WHY IS THIS?

117) WHAT IS THE ONE THING YOU FIND DIFFICULT TO UNDERSTAND?

118) DO YOU THINK YOU NEED TO BE RICH TO BE HAPPY? EXPLAIN.