

JOURNAL PROMPTS...

Self Discovery

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Journalling is one of the easiest ways to get to know yourself better, by asking yourself meaningful and personal questions. By taking the time to get to know ourselves, we can explore the areas of ourselves we have never really taken time to think about before.

Get to know yourself a little bit better with these journal prompts.

1. One thing I've always wished for is...
2. One thing I know I need to work on is...
3. The best bit of advice I could give to a younger me is...
4. One thing I'll never regret is _____, because...
5. What is your greatest strength? Describe a time this strength served you well.
6. What is your greatest weakness? Describe a time this weakness held you back.
7. "I can't stand it when other people _____" Examine those character flaws. Do you also hold them? Be honest with yourself.
8. When you think about your future, what do you fear the most?
9. When you think about your future, what do you hope for the most?
10. When you think about your past, what do you regret the most?
11. What do you look for in a close friend? Do you have those characteristics also?
12. How do the people in your life make you feel?. How do you feel after spending time with them?
13. What are you most grateful for at the moment?
14. In what ways do you take care of yourself?
15. What area of self-care do you need to work on more?

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16. What are the 3 things you most like about yourself?
17. How would you want other people to describe you?
18. What have you recently learned about yourself?
19. In what ways have you been expressing/neglecting your inner-child?
20. What lessons did you learn from your past romantic relationships?
What did each person bring to your life?
21. What are 5 things that get in the way of my happiness?
22. Are you putting any parts of your life on hold at the moment?
Why?
23. What can you do to feel more content with what you have?
24. If you could choose to have any emotion right now, what would it be?
25. What mistakes have you learned from in the past?
26. What was your favourite thing to do as a child?
27. What small change would you like to make to your life?
28. What would give your life more meaning?
29. What is the best advice you have ever been given?
30. Is anything holding you back from achieving your goals?
How can you deal with it?

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JOURNAL PROMPTS FOR SELF-DISCOVERY

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