

Journal Prompts to Inspire Self Discovery

- Who am I?
- What is deeply important to me?
- What do I want out of life?
- In this moment, what are 4 things I am grateful for?
- What makes me truly happy?
- When do I feel most in tune and at peace with myself?
- Who is someone I admire and why?
- How have I changed in the last 5 years and what is the biggest life lesson I've learned?
- What do I need more of (or less of) in my life?
- What are 5 of my best qualities and why?
- What do people seem to like about me? And are these the same things I like about myself?
- Do I truly love myself? Describe what feelings come up.
- If I was brave enough, what change would I make?
- What currently brings me down in my life?
- What is something painful I am holding onto that I want to let go of?
- What is one toxic thing (or person) I need to let go of?
- What fears are holding me back from living my best life?
- What limiting belief do I have about myself that is keeping me from living my full potential? What is a positive belief I can use instead?
- How can I take better care of myself?
- What can I do to inspire my creativity?
- If I was 100% true to myself, what kind of life would I live? Be free, honest, and descriptive!
- If I was 100% in alignment with my truest self, what would my perfect day look like? Be descriptive!
- What would myself in 5 years say to me right now?

