

JOURNAL PROMPTS

Get started with self-reflection & personal discovery

What I'm proud of that stands out this past year is...

My biggest challenge this year has been... and what I learned about myself afterwards was...

My favorite ways to take care of myself physically, emotionally, spiritually, are...

I feel happiest in my skin when...

How much do I trust myself vs. listening to others?

How do "shoulds" influence my decisions rather than my own wishes & desires?

What drains my energy? What gives me energy?

In what ways is my self-acceptance conditional - dependant on validation of others or specific accomplishments?

In what areas of my life am I trading authenticity for safety (or what appears to be safety)?

In what areas of my life am I authentic/living in line with my values?



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