

25 JOURNAL PROMPTS

for personal growth & self-discovery

1. What is the last compliment you received and how did it make you feel?
2. What compliment do you WISH you would get? Now give it to yourself. How does it make you feel?
3. What is holding you back from living your best life?
4. Make a list of 10 things that make you smile.
5. What mistakes are you ready to forgive yourself for?
6. What 4 emotions are you feeling right now in this moment?
7. What do you think you need most right now and how can you achieve it?
8. What makes you feel loved?
9. What has been going well in your life right now?
10. What is something you know today that you didn't know a year ago? 5 years ago?
11. What do you need less of in your life?
12. When do you feel most like yourself?
13. Name a few things that are stressing you out right now and why?
14. Are there people in your life who are holding you back? How so?
15. What would you do if you knew you could not fail?
16. What is something you have a fear of?
17. Name a movie that always make you feel something strongly. (love, happiness, sadness, triumph)
18. What is something you feel like no one understands about you?
19. Who is someone you admire and why do you admire them?
20. Pick a cheesy quote from the internet. What does it mean and why might it not be as cheesy as it seems at first glance?
21. When do you feel the most confident in yourself?
22. When people come to you for help, what do they usually come to you for?
23. Name your top 5 quotes. Why do you like them?
24. How are you holding yourself back?
25. What are 3 ways that you can better take care of yourself?