

Self Discovery

JOURNALING PROMPTS

1. HOW ARE YOU FEELING RIGHT NOW, IN THIS MOMENT?

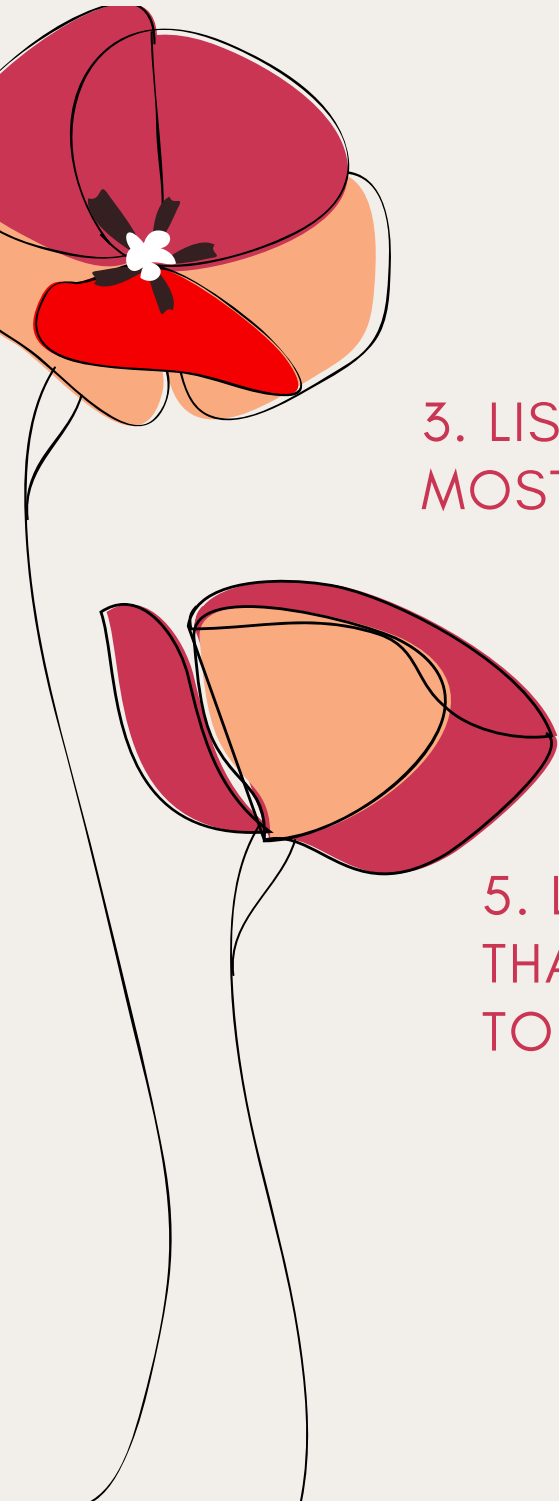
2. ARE YOU OKAY WITH THE WAY YOU'RE FEELING? IF NOT, WHAT CAN YOU DO RIGHT NOW TO CHANGE THAT FEELING?

3. LIST 3 THINGS YOU LOVE THE MOST ABOUT YOURSELF?

4. LIST 3 THINGS YOU'D LIKE TO CHANGE ABOUT YOURSELF AND WHY?

5. LIST OUT 5 LITTLE THINGS THAT YOU ARE GRATEFUL FOR TODAY?

6. ON A SCALE OF 1-10, 1 BEING HORRIBLE AND 10 BEING PERFECT, WHAT WOULD YOU RATE YOUR SELF TALK?



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7. WHAT DOES YOUR PERFECT DAY LOOKS LIKE?

8. WHAT IS THE ONE THING (YOUR HOBBY) THAT MAKES YOU HAPPY/ EXCITES YOU THE MOST?

9. HOW OFTEN DO YOU DO THAT THING? IS THERE A CHANCE YOU CAN INCLUDE THAT IN YOUR DAY TODAY?

10. WHAT WOULD MAKE THE NEXT THREE MONTHS AMAZING?

11. HOW ARE YOU HOLDING YOURSELF BACK RIGHT NOW?

12. WHAT TRAITS DO YOU NEED TO HAVE TO LIVE YOUR PERFECT LIFE?

