

JOURNAL PROMPTS FOR

Self Discovery

1. WHAT ARE MY VALUES? (LIST FOUND HERE)
2. ONE THING I'VE ALWAYS WISHED FOR IS...
3. IF I WAS DEBT FREE WHAT WOULD I BE DOING?
4. ONE THING I KNOW I NEED TO WORK ON IS...
5. I'M MOST PROUD THAT I...
6. WHAT IS MY DEFINITION OF SUCCESS?
7. HOW DO I DEFINED WORK LIFE BALANCE? WHAT DOES IT LOOK LIKE?
8. IF YOU DIDN'T HAVE KIDS WHAT WOULD YOU BE DOING? OR ALREADY DONE?
9. WHAT SKILL I NEED TO WORK IN MY PASSION?
10. WHAT IS THE BEST BOOK YOU READ? WHY?
11. WHAT SKILLS HAVE I DEVELOP SINCE HAVING KIDS? HOW CAN I USE THAT ON MY RESUME?
12. A BIG GOAL THAT I WOULD LIKE TO ACHIEVE? THIS YEAR? IN MY LIFE?
13. WHO ARE MY TOP GO TO FRIENDS/FAMILY?
14. WHAT IS MY BIGGEST FEAR? HOW CAN I FACE IT?
15. TOP 10 THINGS I AM MOST GRATEFUL FOR?
16. THE QUALITY I ADMIRE MOST ABOUT MYSELF?
17. 10 QUICK FACTS ABOUT ME?
18. WHAT MAKES ME HAPPY AND RELAXED?
19. 5 THINGS THAT GET IN THE WAY OF MY HAPPINESS?
20. WHAT QUOTE DO I LOVE?
21. WHAT IS MY LIFE MOTTO?
22. SOMETHING THAT I'D LOVE TO DO TODAY (THAT I CAN EASILY DO!) IS...
23. HOW CAN I CREATE A SELF CARE ROUTINE?
24. WHAT IS MY LIFE BUCKET LIST?
25. WHAT I WISH I COULD MAKE MONEY DOING?
26. WHAT DOES THE PERFECT DAY LOOK LIKE?
27. IF I CAN ELIMINATE ONE THING FROM MY LIFE WHAT WOULD IT BE?
28. IF I COULD CHANGE ONE THING ABOUT THE WORLD WHAT WOULD IT BE?
29. TOMORROW, I PROMISE I WILL...
30. WHAT I NEED TO LET GO IN MY LIFE TO I CAN MOVE FORWARD?
31. I WANT TO LEARN HOW TO...
32. WHAT IS MY PRIORITY FOR NEXT WEEK?
33. MY FAVORITE SONG IS



34. IF I COULD REDO YESTERDAY, WHAT WOULD I DO DIFFERENTLY?
35. I NEED TO SPEND LESS TIME ____AND MORE TIME ____
36. AM I HAPPY WITH MY FAMILY DYNAMIC?
37. AM I HAPPY IN MY CAREER?
38. WHAT I WANT TO ACCOMPLISH RIGHT NOW
39. WHAT I NEED TO DO FOR MYSELF TODAY?
40. WHAT PERSON DO I ADMIRE? WHY?
41. WHAT DO I CURRENTLY STRUGGLING WITH?
42. WHAT TALENT CAN I DO WITH EASE?
43. WHAT WILL MY LIFE LOOK LIKE IN 3 YEARS? 5YEARS? 10 YEARS?
44. WHAT ADDS TO MY STRESS? HOW CAN I REDUCE IT?
45. WHAT MAKES MY LIFE FEEL COMPLICATED? HOW CAN I SIMPLIFY IT?
46. WHAT CAN I DO RIGHT NOW TO OFFER MYSELF SUPPORT?
47. HAVE I BEEN HOLDING MYSELF BACK? HOW CAN I CHANGE THAT?
48. HOW CAN I CREATE A MORE BALANCED LIFE?
49. WHERE CAN I CREATE A SPACE FOR MYSELF? WHAT WOULD IT LOOK AND FEEL LIKE?
50. HOW DO I DEFINED INTENTIONAL LIVING?
51. WHAT DO I ENJOY DOING ON MY FREE TIME? HOW CAN I MAKE MORE TIME FOR IT?
52. WHAT GOALS DO I WANT TO ACHIEVE THIS QUARTER?
53. WHAT STEPS WILL I TAKE TO OUTSIDE MY COMFORT ZONE TO ACHIEVE THESE GOALS?
54. WHO CAN I TALK TO THAT HAS BEEN WHERE I AM TRYING TO GO?
55. WHAT DO I NEED TO LEARN TODAY THAT WILL HELP WITH MY GOAL?
56. DO I HAVE AN ISSUE WITH TIME MANAGEMENT AND ORGANIZATION? HOW CAN I STREAMLINE IT? APPS-BOOKS-ETC.
57. WHAT AREA CAN I LEARN MORE ABOUT TO MAKE ME FEEL MORE CONFIDENT IN MY CAREER?
58. WHAT IS MY IDEAL ROUTINE? HOW CAN I MAKE IT A REALITY?
59. WHAT CAN I REMOVE FROM MY TODO LIST?
60. WHAT CAN I OUTSOURCE TO MAKE LIFE SIMPLER? (PERFECT PURCHASE FOR OUTSOURCING.)
61. WHAT DO I DO EVERYDAY TO MAINTAIN LIFE VS IMPROVE IT?

