

JOURNAL PROMPTS FOR

self reflection

- describe your perfect day.
- what is your dream job?
- what is your greatest weakness?
- where do you see yourself in a year?
- what is your greatest strength
- what's something that's been on your mind?
- how do you feel at the end of the day?
- what makes you feel motivated?
- take a personality quiz & reflect.
- what's the best compliment you've received?
- write a letter to your body thanking it for keeping you alive.
- what is your favorite way to fill your cup?
- if you were president for a day, what would you do?
- what qualities do you think your friends admire about you?
- who do you appreciate most in your life?
- write down your favorite quotes & reflect
- what has become more important this year?
what has become less important?
- who has made an impact on you this year?
- what made you laugh last?
- did you say "no" to anything today? how did it make you feel?
- write a letter to your 18 yr old self.
- what would you do with \$1mill?
- what's something you haven't done that you wish you had?
- what are you most scared of?

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- write a list of 99 things you love
- if you had a theme song what would it be?
- what would you do if you knew you could not fail?
- write down your bucket list
- a book/movie/song that had a big impact
- what do you wish others knew about you?
- write a letter to your son/daughter
- if you had a super power, what would it be?
- what do you want to be remembered for?
- what has been your favorite book to read this year?
- name 4 little things that make you happy
- describe your dream vacation
- what is the best advice you've ever been given?
- what is one thing you wish you could do different?
- what would your younger self be proud of you for?
- did you say "yes" to anything today? how did it make you feel?
- List 10 things that make you smile
- List 5 things you're grateful for today
- how have you changed in the last 5 years
- who has the most influence over you?
- what experience do you want to re-live?
- what are your top 3 goals in life?
- who inspires you? why?
- if you had a wand, how would you use it?
- what's the most outrageous thing you've ever done?
- who would be the most upset if I ___?