

Self-Discovery

30 JOURNAL PROMPTS FOR SELF-DISCOVERY

NAME _____ DATE _____

1 What is a small, ordinary thing you love that most people would not guess about you?

2 Describe your ideal free Saturday, from the moment you wake up until you go to bed.

3 Which three words would a close friend use to describe you, and which three would you choose for yourself?

4 What kind of weather, season or time of day suits you best, and why?

5 What did you spend hours doing as a child without anyone asking you to?

6 Name one thing that drains your energy faster than you would like to admit.

7 What do you find yourself reading about, watching or looking up when no one has assigned it?

8 Are you more refreshed by time alone or time with people, and how can you tell?

9 What is one opinion you hold that you have never said out loud?

10 Which room, corner or spot in your daily life feels most like you, and what makes it feel that way?

11 Think about the first thing you wanted when you woke up today. What does that wish tell you about where you are right now?

- 12 What compliment has stayed with you for years, and why do you think it stuck?
- 13 What is something you used to love doing that you have quietly stopped? What would it take to try it again?
- 14 Write about a recent moment when you lost track of time. What were you doing, and who was there?
- 15 List five things you would stand up for even if it cost you something. Which one surprised you?
- 16 When do you feel most like yourself, and when do you feel like you are playing a part?
- 17 How do you actually make a hard decision? Describe your real process, not the one you wish you had.
- 18 Which piece of advice have you been given that never fit you, and why didn't it?
- 19 What are you good at that you rarely give yourself credit for?
- 20 Describe a time you said no to something and felt relieved. What was that no protecting?
- 21 What makes you angry on behalf of other people? What value sits underneath that feeling?
- 22 Which of your habits came from the home you grew up in, and which did you choose for yourself?
- 23 How do you most like to be cared for when you are sick, sad or worn out?

- 24 What would you do with a free year if money and other people's opinions did not matter at all?
- 25 Think of someone you admire. Which of their qualities do you already have a little of?
- 26 Before bed, name one choice you made today that only you would have made. What does it say about you?
- 27 Write about a belief you held strongly five or ten years ago that has since changed. What changed it?
- 28 Divide your life so far into chapters. Give each one a title and a sentence about who you were then.
- 29 Write about a turning point in your life. Who were you before it, and who did you become after?
- 30 Which earlier version of yourself have you outgrown, and what would you like to thank that person for?