



## 25 Journal Prompts for Success and a Positive Growth Mindset

1. What is your definition of success right now?
2. How does success look to you 5 years from now?
3. What actions can you take to meet your goals today, this week, this month?
4. How much do you believe in yourself and why?
5. What kind of support network do you have to support your goals?
6. What messages about success did you get growing up?
7. Who or what shaped your ideas of success?
8. How flexible are your plans for success? How detailed are they? How important are they?
9. What do you tell yourself about success?
10. And what do the people around you and society say?
11. Do you think you deserve success? Why or why not?
12. How will you feel once you reach success?

13. What successes have you already experienced in your life?
14. List all your strengths and how you can use them to build success.
15. How can you work around your weaknesses?
16. What message do you want to send to the world with your success?
17. What do you need to heal or what needs fixing first to become successful? (Maybe nothing, but it's good to know.)
18. Name 10 emotions tied to the word "success".
19. What are your hobbies and interests, and how can they fuel your success?
20. How committed to success are you?
21. What excites you the most about having success?
22. What will you do with your success when you reach it?
23. Write out a 5 year plan for your success.
24. Describe how hard work is connected to success and how you feel about working hard for success.
25. How can you improve your outcomes for success?