

70 Journal Prompts For Self-Discovery

1. What does the best version of you look like?
2. What is your idea of the perfect day?
3. How do you feel right now and why?
4. What are your favorite ways to unwind?
5. What are you great at?
6. List 10 things you can do to feel your best each day.
7. What are some things you have always wanted to try?
8. Describe where you see yourself in 1 year, 3 years, and 5 years.
9. What can you do today that your future self will thank you for?
10. Who do you need to forgive?
11. What do you need to let go of?
12. How can you take better care of yourself?
13. What does self-care look like to you?
14. Describe your ideal future.
15. How do you want to feel each day?
16. What inspires you the most?
17. Do you set limits for yourself? What are they? What about timelines?
18. Is there anything you want but it feels out of reach?
19. What have you already achieved or experienced that your younger self never would have imagined?
20. What advice or encouragement would your future self give to you?
21. List your top goals for this year, and for your life.

22. Describe your support network and how those closest to you make you feel.
23. Describe who you would like to manifest into your life. A new friend, mentor, or love interest?
24. What are your favorite activities that you would like more of in your life?
25. What would you like less of in your life?
26. Describe your ideal job or business in detail.
27. What amount of money would you like to earn and how would the money make you feel?
28. Who or what makes you laugh the hardest?
29. Who do you look up to the most?
30. How can you feel more peaceful and relaxed each day?
31. List 10 things that make you smile.
32. What do you love about yourself?
33. What have you learned to love about yourself that you struggled with in the past?
34. Describe what you are most grateful for.
35. Journal what memories you cherish the most.
36. Describe your happiest day ever.
37. Describe your personal values.
38. What are your prized possessions and why?
39. Journal about your spiritual beliefs.
40. What are your biggest distractions?
41. And your biggest motivators?
42. What do you want to give to the world or others?
43. What new skills would you like to learn?
44. How do you want to be seen?

45. What do you feel you need to improve upon in life?
46. What are you most proud of?
47. How do you feel about your body?
48. How do you feel about your personality?
49. What about your mind?
50. Journal what makes you unique.
51. How would your closest friends describe you?
52. How would you describe yourself to a stranger?
53. What is beautiful to you?
54. List some beliefs that are non-negotiable to you.
55. What do you fear the most?
56. What past difficulties are you overcoming?
57. Where have you been fortunate in life?
58. What are some self-care acts can you engage in to heal past hurt and move on?
59. What do you believe to be true about the world?
60. How clearly do you express yourself, advocate for yourself, or let your needs be known?
61. Describe your boundaries with other people.
62. List some ways in which you can help other people.
63. How can other people help you?
64. What makes you feel intrigued?
65. Journal some creative projects to try for fun.
66. List 10 fun adventures you'd like to have.
67. What fulfills you?
68. What holds you back?
69. Write about any wisdom you have learned recently.
70. What wisdom would you share with your children or future generations?