

70 Journal Prompts For Self-Discovery

- What does the best version of you look like?
- What is your idea of the perfect day?
- How do you feel right now and why?
- What are your favorite ways to unwind?
- What are you great at?
- List 10 things you can do to feel your best each day.
- What are some things you have always wanted to try?
- Describe where you see yourself in 1 year, 3 years, and 5 years.
- What can you do today that your future self will thank you for?
- Who do you need to forgive?
- What do you need to let go of?
- How can you take better care of yourself?
- What does self-care look like to you?
- Describe your ideal future.
- How do you want to feel each day?
- What inspires you the most?
- Do you set limits for yourself? What are they? What about timelines?
- Is there anything you want but it feels out of reach?
- What have you already achieved or experienced that your younger self never would have imagined?
- What advice or encouragement would your future self give to you?
- List your top goals for this year, and for your life.
- Describe your support network & how those closest to you make you feel.
- Describe who you would like to manifest into your life. A new friend, mentor, or love interest?

- Name ten ways you identify in terms of personality. Examples- shy, loud, nice, grumpy, hyper, lazy.
- How are your identities helpful or unhelpful? Fixed or changeable?
- How do you envision yourself evolving as a person?
- Write your thoughts on personal development.
- What do you love about yourself?
- What do you love about your life?
- What have you learned to love about yourself that you struggled with in the past?
- Describe what you are most grateful for.
- Describe your personal values.
- Journal about your spiritual beliefs and how you identify spiritually.
- Who or what makes you laugh the hardest?
- Who do you look up to the most and why?
- Journal what memories you cherish the most.
- Describe your happiest day ever.
- What are your prized possessions and why?
- What are your biggest distractions?
- And your biggest motivators?
- What do you want to give to the world or others?
- What new skills would you like to learn?
- 45. How do you want to be seen?
- What do you identify as "needing improvement" in your life?
- What are you most proud of?
- How do you feel about your body?
- How do you feel about your personality?
- What about your mind?
- Journal what makes you unique.
- How would your closest friends describe you?

- How would you describe yourself to a stranger?
- What is beautiful to you?
- List some beliefs that are non-negotiable to you.
- And some beliefs that might change or that are only partially formed.
- What difficulties are you overcoming?
- Where have you been fortunate in life?
- What are some self-care acts can you engage in to heal past hurt and move on?
- How do you express yourself, advocate for yourself, or let your needs be known?
- Describe your boundaries with other people.
- How do you identify currently related to your job or career?
- Write about any discrepancies between your current identity vs your desired identity.
- List some ways in which you can help other people easily and joyfully.
- How can other people help you?
- What kind of energy are you putting out into the world?
- List 10 fun adventures you'd like to have.
- What fulfills you?
- What excites you?
- And what holds you back?
- Write about any wisdom you have learned recently.
- What wisdom would you share with your children or future generations?