

Journal Prompts for Self Awareness

- What makes you feel good about yourself?
- What makes you feel bad about yourself?
- How well are you meeting your inner standards for yourself in general?
- How well are you meeting your inner standards for yourself today?
- How well are other people meeting your expectations and standards?
- How is your job meeting or not meeting your standards?
- How is your home life meeting or not meeting your standards?
- Do you think your standards are healthy and reasonable? Why?
- Where might your standards need to be adjusted, if at all?
- How do you treat other people?
- How do you expect yourself to treat others?
- Describe your tone of voice.
- Describe your usual body language and common facial expressions.
- Describe your manner of dress and intentional visual representation.
- How clear is your verbal communication?
- How authentic are you, and how truthful?
- How direct versus indirect are you?
- How passive versus assertive?
- What is your general demeanor?
- What language do you use and what words or phrases do you say often?

- How self-conscious versus unbridled are you?
- How altruistic versus self-centered are you?
- Do you want to be more or less: Assertive? Accommodating? Understanding? Kind? Nurturing? Thoughtful? Anything else?
- Who influences your standards? Society? Friends? Parents? Job? Significant other?
- Is there anything that triggers you about other people's standards?
- Journal about your standards in friendships, love relationships, work relationships, and family relationships.
- How do you want to be treated? What are your expectations when it comes to how other people treat you? Make a list for specific relationships.
- Describe a time you believed something untrue about yourself.
- Describe a time you felt most authentically yourself.
- Journal about anything that has strengthened your self-awareness.
- Do you think how other people receive you is fair or accurate? Why?
- Describe any gap between how you are reacted to versus how you would like to be reacted to.
- What do you see when you look at yourself?
- What do you see other people seeing when they look at you?
- Are you as you want to be seen, and if not, what needs to be adjusted on your end?