

52 Personal Growth Journal Prompts

Dreamdashjournal.com

1. How are you growing into the person you want to be?
2. How can you make the best of each day?
3. How do you create meaning in your life?
4. What kinds of memories do you enjoy creating?
5. In what ways have you grown the most in the past year?
6. What excites you about your future?
7. What are your top priorities?
8. What are you placing on the back burner?
9. How can you feel more fulfilled?
10. Who inspires you to be the best version of yourself?
11. And who do you aspire to be?
12. What do you need in order to love yourself more?
13. What do you struggle to follow through with?
14. And what do you easily accomplish or do?
15. How do you push yourself, and in what ways?
16. Who do you rely on to push you or motivate you?
17. What makes you feel confident?
18. How can you feel even more confident?
19. How do you feel about change? How much change do you feel comfortable with in life and why? What changes do you welcome, and which do you avoid?
20. What are the most valuable life lessons you have learned thus far?
21. What advice would you give your younger self?
22. What encouragement do you need to give yourself now?
23. What have you learned about yourself that has surprised you?
24. If you could have any mentor in life, who would it be?
25. How can you add more humor to your life?
26. How can you add more fun or excitement to your life?
27. How can you add more peace, tranquility, or relaxation to your life?
28. What's the best compliment you could receive?
29. How would you describe your personality to someone you've never met?
30. What's your next great idea?
31. What ideas have you let go of recently?
32. When was the last time you stepped out of your comfort zone?
33. What are your self-care plans for rest, reading, journaling, sleep, and other areas of your life?
34. Write about some ways to improve your diet, exercise, or physical health.
35. What relationships are most important to you in your life?
36. What relationships do you want to manifest? A new romance? Closer friends? A new circle of friends?
37. What qualities do you want in the people you would like to meet? Be very detailed in your writing description.
38. How can you be the energy you want to attract in other people?

39. How can you raise your own frequencies and vibrations?
40. What spiritual practices do you like, or dislike?
41. What fun things do you want to do in your life and with who?
42. What actions can you take to create more fun, more laughter, more good times?
(ie- Buy the concert tickets, plan the potluck at your house, etc.) Write it on your calendar!
43. How can you change how you deal with the more challenging people in your life by changing your mindset?
44. Do you feel good about the boundaries you set? What are they?
45. Do people treat you as you'd like them to? Are you respected and treated well?
46. How do you think you communicate? Reasonably? People-pleasing? Are you a total sweetie? Cold? Tough?
47. How can you improve how you communicate? Can you be more articulate, clear, empathetic, or fair?
48. What mentor would you like?
49. Who has the wisdom you want to gain?
50. What are you most grateful for?
51. Name 5 activities that make you the happiest.
52. How can you make the absolute best of today?