

50 Journal Prompts for Setting Goals

1. What is my goal, and why does it matter to me?
2. Am I working toward this goal for myself or for someone else?
3. Is this goal something I genuinely want, or have I been influenced by others?
4. If I could achieve one major thing in the next year, what would it be?
5. If I had to simplify this goal, what would the core of it be?
6. What excites me most about this goal?
7. What scares me the most about this goal?
8. How does this goal fit into the bigger picture of my life?
9. How important is my reputation when it comes to this goal?
10. Do I care what others think about my goal? Why or why not?
11. If I fail, will I let anyone down? If I succeed, will I change anyone's life?
12. How comfortable am I with success or failure?
13. What past successes and failures have shaped my perspective on goal setting?
14. If I succeed, how will I feel?
15. If I fail, how will I feel?
16. Would failure truly disappoint me, or would it just bruise my ego?
17. Am I enjoying the journey, or does it feel like a constant struggle?
18. If the journey is miserable, is the end result truly worth it?
19. Am I making sacrifices that feel right, or am I losing myself in the process?
20. How can I make this journey more aligned with my happiness?
21. How will I celebrate when I accomplish this goal?

22. What level of fear or trust is present in my approach to this goal?
23. Am I holding onto this goal too tightly, or am I allowing room for flexibility?
24. Do I trust the process, or am I afraid to let go of control?
25. What limiting beliefs do I need to release to make progress?
26. If I had no fear of failure, how would I approach this goal differently?
27. What would I tell my best friend if they had the same goal and doubts as I do?
28. Do I have a backup plan, or am I all in?
29. What obstacles am I anticipating, and how will I overcome them?
30. What skills or qualities do I need to develop to reach this goal?
31. How will I measure my progress and success?
32. What daily actions can I take to move closer to my goal?
33. Am I allowing myself to enjoy the small wins along the way?
34. How can I shift my mindset to make this goal feel more achievable?
35. What habits or mindsets are holding me back?
36. Am I treating my goals as flexible, evolving dreams or rigid expectations?
37. Have I visualized what success looks like for me?
38. What does my ideal future self look like once this goal is achieved?
39. What would happen if I gave myself permission to dream even bigger?
40. How would I approach this goal if I knew success was inevitable?
41. Is the struggle worth the outcome?
42. Will achieving this goal improve my life in the long run?
43. Am I pursuing this goal because I think I should, or because I deeply want to?
44. If I don't reach this goal, what lessons will I take away from the experience?

45. How can I balance ambition with self-compassion?
46. What does “success” mean to me beyond just achieving this goal?
47. If I were to rewrite this goal today, would it still look the same?
48. What are three things I can do today to build momentum?
49. Am I allowing myself to trust in divine timing and be patient with the process?
50. What would I say to my future self who has already achieved this goal?