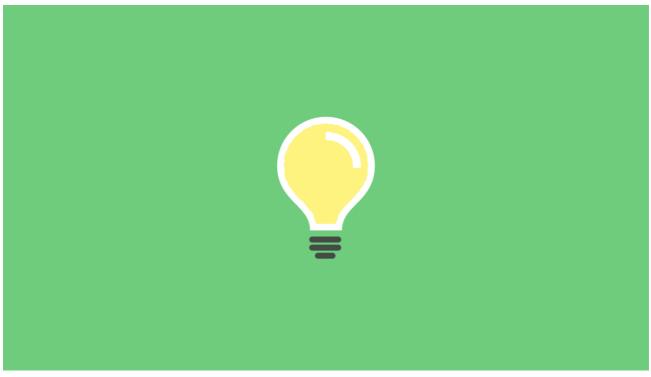
## **Journal Prompts For Self Discovery**

Become a better you and discover more about yourself than ever before with these 50 journal prompts for self-discovery.



What does your dream life look like?
What does your ideal day look like?
Where do you see yourself in 6 months? A year? 5 years? 10 years?
What do you know to be true today that you didn't know a year ago?
In this moment, what are four things you're grateful for?
What limiting beliefs are holding you back from living your dream life?
What distractions are hindering your productivity?
What actions can you take today to simplify your life?
When do you feel most in tune with yourself?
If you could talk to anyone dead or alive, it would be because .
Write down your top 10 goals to complete by the end Of the year.
Who do you look up to the most? Why?
If someone else described you, what do you think they'd say? Why?
What does happiness mean to you?
How have you changed in the last 5 years?
If today was your last day, what would you do?
If you could give advice to your younger self, what would you say?

How do you spend your Sundays?	
What do you need more of in your life?	
If you could have any three things in the world, what would they be?	
Describe in great detail what 5 years from now looks like.	
What are 10 things you love about yourself? Why?	
What are you most grateful for in your life?	
What activities sets your soul on fire?	
How can you feel more fulfilled in your life?	
If you couldn't fail. what would you do?	
What do you need more of in my life? Less of?	
What are your best qualities?	
If you could go anywhere in the world, where would it be and why?	
What's your dream job?	Make and Share Free Checklists checkli.com