

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?

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