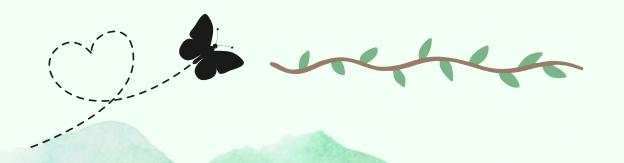
Self Discovery JOURNAL PROMPTS



Pick one or two per time or work through all of them at once

- 1. What am I feeling today? Why am I feeling this way?
 - 2. What have I accomplished today?
 - 3. What do I love about myself?
- 4. Write a loving and kind letter to an earlier or hidden version of myself
 - 5. What fears are holding me back right now?



Self Discovery JOURNAL PROMPTS



Pick one or two per time or work through all of them at once

6.What are my personal values and beliefs?

Are they supporting me or holding me back?

- 7. Describe in great detail My Dream Day.
 My Dream Life
 - 8. Today I am stuggling with...but I can overcome it by...
- 9. What are all the things I am most proud of in my life

10. What is fun for me?

MANCE