

# 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?**



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**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 struggling 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?**

