

52 JOURNAL PROMPTS FOR SELF- DISCOVERY



JOURNAL PROMPTS FOR SELF-DISCOVERY (1)

- 1| What kind of person do you want to be?
- 2| Whose approval are you really seeking in all that you do?
- 3| What are you tolerating in your life?
- 4| Do you believe that there is a divine force guiding you?
- 5| What are your priorities in life?
- 6| What are you wasting your time and energy on right now?
- 7| What sets your soul on fire?
- 8| How have you changed in the last 5 years?
- 9| Are you proud of the person that you are today?
- 10| What do you need to accept about your life?
- 11| Where do you see yourself in 1/2/5 years?
- 12| What do you need to do to make your dreams come true?
- 13| Who do you need to forgive in your life?
- 14| What are you really afraid of?
- 15| Who are you? What is your identity?
- 16| Write your eulogy in 5 sentences.
- 17| If you change nothing about yourself and your life, where would you be one year from now?
- 18| What are the things you feel guilty about?
- 19| Is there anything you can do to simplify your life right now?
- 20| What would you like to get better at?
- 21| Describe your dream life in as much detail as you can. Include details on where are you, who are you with, what are you doing, how are you feeling.

JOURNAL PROMPTS FOR SELF-DISCOVERY (2)

- 22| Are you making decisions from a place of abundance or scarcity?
- 23| Are you playing safe? Is that making you happy?
- 24| What is holding you back in life? What are your limiting beliefs?
- 25| What would you rather be doing if money and time were no object?
- 26| If you could, would you change anything about your life as it is today?
- 27| What baggage from your past do you need to stop carrying?
- 28| What lights you up and makes you truly happy from the inside?
- 29| Write 3 of your happiest memories from the last year.
- 30| What are 3 things you want to do more of? And 3 things you want to do less of?
- 31| What is your self love language? Have you been practicing self love lately?
- 32| Are your habits and routines supporting the vision that you have for yourself and your life?
- 33| What brings you the most joy?
- 34| What do you worry about the most?
- 35| If you could bucket your life into categories – relationships, family, work, spiritual, creative, health, and whatever else you'd like to add – how would you rate each of those categories out of 10? What are your top 3 goals/intentions for each category?
- 36| What are the things you wish you could say no to more?
- 37| Write about something nice you've done for someone else lately.
- 38| What dreams of yours have you let go of over the years?
- 39| What is your biggest insecurity?
- 40| Do you take complete responsibility for yourself and your life, as it is today?
- 41| Can you laugh at your own self?

JOURNAL PROMPTS FOR SELF-DISCOVERY (3)

- 42| What have been the darkest moments of your life? Have you learned what you needed to from those moments?
- 43| Are you living in the past, present, or future?
- 44| Write down 5 unassailable truths that you know today.
- 45| If a genie grants you 3 wishes right now, what would you wish for?
- 46| What is your attachment style? (Anxious, Avoidant or Secure)
- 47| What is your vibe at the moment? Are you giving out low energy or high energy vibes right now?
- 48| Is there a phrase, a word, a quote that gives you strength in tough times?
- 49| What is your definition of success? By your own definition, do you feel successful in your life?
- 50| Is your inner voice a helpful cheerleader or a mean girl?
- 51| What do you need most in your life right now? How can you give that to yourself?
- 52| Do you feel like you're living your life up to your true potential?





Thank You!

Thank you for signing up and downloading this list of journal prompts. Wishing you all the very best in your self-discovery journey!

If you found this helpful in any way or if you have some feedback, I'd love to hear about it! You can reach out to me via email (hello@heralignedself.com) or connect with me on Instagram ([@heralignedself_](https://www.instagram.com/heralignedself_)).

You can also check out more posts on intentional living, personal growth, and wellness on [Her Aligned Self](https://www.heralignedself.com).



*Cheers,
Esqee*

FOR PERSONAL USE ONLY. NO SELLING OR REDISTRIBUTION ALLOWED.