JOURNAL PROMPTS

Self Awareness:
1. What is your mission?
2. Imagine a movie about your life. Who would play you? What would the movie be about?
3. What do you want to be known for?
4. Write the intro to your autobiography.
5. What motto do you live by?
6. Write down a few lines from a song or poem that you identify with.
7. If a genie could grant you three wishes, what would they be?
8. How would people describe you?
9. Do you think life is fair? Explain.
10. What is your hidden talent?
11. How would you describe your personality?
12. Who are you serving?
13. What is life asking of you?
14. Do you believe you are living true to yourself?
15. What are some things you think you are bad at?
16. What are some things you think you are good at?
17. Describe your spirituality.
18. Do you believe everything happens for a reason? If so, give an example.
19. Are you seeking security or adventure?
20. Are you a follower or a leader?
21. Who are you?
22. How would you describe your soul?
23. Do you exhibit emotional intelligence?
24. Are you self-aware?
25. Do you believe ignorance is bliss?
26. Describe your work ethic.
27. What areas of life do you thrive in?
28. What values do you live by?
29. Are you religious? Why or why not?
30. Do you control your life or does life control you? How?
31. What is something you wish others knew about you?
32. What is something unkind you have done or said to someone? Have you apologized?
33. When was the last time you cried?
34. Do you ever feel alone?
35. What scares you?
36. What triggers you?
37. What do you think your biggest shortcoming is?
38. What is bothering you? Why?
39. What do you have to love?
40. What is something you have never told anyone?
41. Do you often feel self-pity? If so, why?
42. What are you running from at the moment?
43. Are you indecisive?
44. Who are you jealous of?
45. Have you ever been rejected? Do you handle rejection well?
46. What question makes you anxious?
47. You have no patience for...
48. What do you need to vent about?
49. In what ways are you prejudice?
50. Is it important what people think of you?
51. How is the “public you” different from the “private you”?
52. Are you settling for less that what you are worth?
53. What is something you are afraid for people to know about you?
54. What are some things you are stressed about?
55. What makes you sad?
56. What makes you angry?
57. What confrontations are you avoiding?
58. In what ways are you hypocritical or inconsistent?
59. What is the most recent thought you had that you felt was too unkind to say?
60. If your mood was a weather forecast, what would it be? Explain.
61. How would you describe your year so far?
62. What is your zodiac sign? What parts of your sign do you relate to most?
63. What are you easily tempted by?
64. Are you kind? How?
65. If you could describe your life in one word, what would it be? Why?
66. Create a short fictional story about the first thing that comes to mind.
67. What was a recent transition in your life?
68. Are you a good listener? Do you interrupt people frequently?
69. Do others easily influence you?
70. Are you open with other people? How?
71. Would you prefer bad news sugar-coated or straight up?
72. What is your favorite quote?
73. Describe your room.
74. What is something that happened this week that you want to remember?
75. What do you think happens to us when we die?
76. What was your most recent act of generosity?
77. What thoughts distract you when you are trying to sleep?
78. What is the last dream you remember?
79. What is your favorite word? Why?
80. Do you work well with others?
81. What are your favorite and least favorite things about where you live?
82. If you could so anywhere in the world, where would you go? Why?
83. Write a haiku that describes your life. (5 syllables/7 syllables/5 syllables)
84. What is the last spontaneous thing you did?
85. Discuss a time you failed. What did you learn?
86. What is going on in your life right now?
87. Do you prefer giving or receiving?
88. Do you consider yourself to be an introvert or extravert? How do you act and feel in social situations?
89. Do you take responsibility for your actions?
90. What is the most honest thing you’ve said this week?

Understanding Your Past:

91. What has been your biggest obstacle in life?
92. What would you consider to be your biggest achievement?
93. What do you want to forget?
94. If you could go back in time and change something, what would it be?
95. What is something that has happened in your life that you believe made a significant impact on who you are today?
96. What is your favorite childhood memory?
97. Have you ever been bullied?
98. Have you ever bullied anyone?
99. Write a letter to someone who hurt you.
100. What advice would you give to a younger you?
101. What act of kindness where you shown that you will never forget?
102. What has been your biggest life lesson so far?
103. Who has disappointed you the most? How did they disappoint you?
104. What is the bravest thing you’ve ever done?
105. Write an apology to someone you have hurt.
106. What is the scariest thing you’ve ever done?
107. What is the funniest memory you have?
108. What is a trait of your parents that you don’t want to have as a parent?
109. Who has had the greatest impact on your life?
110. What were your favorite things to do in the past? Are those different from what you enjoy now?
111. If you were to stop living today, what would you regret not having already done?
112. Would you describe yourself as resilient?
113. How did you and your family celebrate holidays?
114. How did spend your summer breaks?
115. What sorts of rules did you have in your house growing up?
116. What is the best birthday you ever had?
117. Did you have a good childhood?
118. Have you ever experienced trauma? How did you deal with it?
119. Has time moved fast or slow?
120. When have you felt unheard?

Love:

121. What does self-love mean to you?
122. Do you love yourself? Describe what it feels like.
123. Have you forgiven yourself?
124. Are you confident in yourself? How can you improve your self-confidence?
125. Are you gaining or losing self-confidence as you grow older? Why?
126. Do you compare yourself to other people?
127. What are your biggest insecurities? Write down where you think each insecurity comes from.
128. Cross out the insecurities you wrote about previously and rewrite them with a new belief that encourages you.
129. What is your favorite thing about yourself?
130. What compliment do you get the most? Do you agree?
131. What makes you special?
132. What is your favorite part about your body?
133. How do you feel when you look at yourself in the mirror?
134. Do you believe you are attractive?
135. Draw yourself.
136. What is the most common negative thought you have about yourself? What would the positive version of it be?
137. Write the words you need to hear.
138. Write ten positive affirmations to yourself.
139. How can you show yourself more love this week?
140. Do you feel loved? By whom?
141. When in the last time you told someone you love them?
142. What are your love languages?
143. Describe your love life.
144. Is it more important to love or be loved?
145. What does unconditional love look like for you?
146. What makes you feel unloved?
147. Write a letter to someone you love.
148. Have you ever been in love? Describe what it feels like.
149. How do you show love to others?
150. What is something you have sacrificed for someone you love?
151. Does love scare you? Why or why not?

Relationships:
152. Which relationships are you happy with?
153. Which relationships are you not happy with? How can you improve them?
154. Who are you closest to right now?
155. Who do you trust?
156. Write something you’ve been wanting to tell someone.
157. When was the last time you spoke to your parents? What did you talk about?
158. Who do you need to call?
159. Who can always brighten up your mood?
160. Who is someone you need to cut out of your life? Why?
161. Who is someone you would like to be friends with? Why?
162. What habits of other people annoy you the most?
163. What habits of yourself do you think annoys others?
164. What kind of people do you attract?
165. When people give you advice, do you accept it without question or analyze their motives?
166. Who do you talk to when you are going through something? Why?
167. What would you like to tell your mother?
168. What would you like to tell your father?
169. Who are the most important people in your life?
170. Do you show appreciation to the people around you? How?
171. Do you want to make new friends?
172. Do you prefer texts, calls, or video calls? Why?
173. Who do you think you have had an impact on? How?
174. Are you putting enough effort into your relationships?
175. List the people in your life that support you.
176. Describe your ideal life partner. What are your non-negotiable in a partner?
177. What do you think you have to offer your life partner?
178. What are your thoughts about marriage and kids?
179. Who are your mentors?
180. Whose opinion do you value the most? Why?
181. What is something that others expect of you?

Self-Care:
182. How do you prioritize self-care?
183. What do you need to throw away?
184. What can you live without right now?
185. Do you need a break? From what?
186. Today you needed more...
187. When is the last time you spent quality time with yourself?
188. How healthy are you?
189. How do you feel about your body?
190. How do you feel about your mind?
191. How can you take better care of yourself?
192. If your body could talk, it would say...
193. When is the last time you spent time in nature?
194. What does serenity feel like to you? How can you incorporate it into everyday life?
195. Do you have good hygiene?
196. When was the last time you meditated?
197. What is your self-care regimen?
198. How do you protect your space?
199. How are you tending to your spiritual needs?
200. How are you tending to your physical needs?
201. Have you tried yoga? How did it make you feel?
202. How can you put your needs above those of others?
203. What activities bring you joy?
204. How can you incorporate self-care into your schedule?
205. Do you check in on your emotional well-being? How?
206. What do you need right now?
207. What are some aspects of your life you need to slow down?
208. Do you treat self-care as necessity or a luxury?
209. Plan something that you will do just for you this week.
210. Do you ever get alone time? What do you spend it doing?
211. How do you ease stress?

Happiness:
212. Are you happy?
213. What is something funny that happened this week?
214. When was the last time you felt at peace?
215. What is the best part of your life right now?
216. Today was delightful because...
217. What was your favorite day this week? Why?
218. What are you grateful for today?
219. What gives you comfort right now?
220. What makes you happy?
221. Describe the last time you laughed so hard you started crying.
222. Is there anything missing in your life?
223. Are you taking anything for granted?
224. Have you made someone smile today? How?
225. Your ideal day looks like...
226. List 10 things that make you smile.
227. What do you love about your life?
228. How can you show more gratitude?
229. Is your glass half full or half empty?
230. What would make you happier?
231. Have you ever practiced mindfulness?
232. What is a negative situation that you have experienced this week? Reframe it in a positive way.
233. Are you living in the present?
234. Who are you most thankful for? Why?
235. Which past experience are you most thankful for? Why?
236. What is good about today?
237. If you are feeling low, how do you cheer yourself up?
238. What is the nicest thing someone has ever said to you? Why did this mean so much?
239. How are you feeling right now?
240. Do you consider yourself to be lucky?
241. What is some good news you have received recently?
242. What was your prevailing emotion of the day? Why?

Habits:
243. What does a typical day look like for you?
244. What is your morning routine?
245. What is your nighttime routine?
246. What are some things you want to change about your daily routine?
247. What is holding you back?
248. Are you happy with the amount of time you spend on social media?
249. Do you plan more than you act?
250. Have you been journaling every day? If not, make a plan to stay more consistent…
251. What do you spend most of your time doing?
252. When is the last time you were active? Create a plan to achieve your ideal activity level…
253. Do you prefer to journal in the morning or nighttime? Why?
254. What are you reading right now?
255. How much water do you drink every day?
256. How many times did you say something you didn’t mean to today?
257. How much of your time out of every 24 hours do you devote to: your occupation, sleep, play, relaxation, acquiring useful knowledge, waste? Are you happy with this?
258. Where do you struggle with time, energy, and excuses?
259. Do you keep your space clean?
260. Do you get enough sleep each night? If not, how can you get more sleep?
261. Are you using your time wisely?
262. Are you more productive at night or in the morning?
263. How do you spend your free time?
264. What are some bad habits you would like to stop?
265. What are some good habits you would like to adopt?
266. What is the long-term potential of these good and bad habits?
267. Today you will remember to…
268. What is your favorite time of the day? Why?
269. What controls your decisions in your life: mind, heart, or gut?
270. Are your current routines getting you closer to your goals? If not, how can you change them?
271. Are you usually late to things? Why?
272. Short-term gratification or long-term results?

Passion:
273. What motivates you?
274. Do you have a job right now? If yes, do you enjoy it?
275. Where do you go for good ideas?
276. What inspired you this week?
277. What are you passionate about?
278. What do you want to be able to say when someone asks you “What do you do?”
279. What is your purpose?
280. What you ever start a business? What kind of business would it be?
281. What topic are you bored talking about?
282. What topic could you talk about all day?
283. What are you obsessed with right now?
284. What hobby or activity have you stuck with the longest?
285. Explain a time when your work felt very satisfying.
286. When do you feel most energized?
287. What do you desire most?
288. Write a list of questions you want answers to.
289. What gets you excited?
290. What is one topic you want to learn more about?
291. List 5 things that are really important to you.
292. If you had one year left to live, what would you do?
293. If you had one hour left to live, what would you do?
294. If money wasn’t a concern, what career would you want to have?
295. What is the top priority in your life right now?
296. How can you make your life more meaningful starting today?
297. If you could accomplish only one thing before you die, what would it be?
298. If you had more time, what would you do?
299. What makes you feel the most empowered?
300. What have you felt helpful?
301. When is the last time you tried something new?
302. List everything you would like to say no to.
303. List everything you would like to say yes to.

Personal Growth:
304. When you think of success, what comes to mind? Do you feel successful?
305. What are you trying to accomplish with journaling?
306. What are some characteristics you would like to adopt?
307. Name 5 people that inspire you and list one characteristic you would like to adopt from each of them.
308. Name something you want to try but haven’t yet.
309. What is the most recent lesson you’ve learned?
310. How was your week? How can it be improved for this upcoming week?
311. What opportunity can you give someone else?
312. Are you being challenged in your daily life?
313. What is an interesting fact you learned recently?
314. If you could acquire a talent, what would it be? What is preventing you from acquiring that talent?
315. What is a problem you would like to solve?
316. What are you exploring?
317. What is the most creative thing you’ve done recently?
318. When was the last time you had an inspiring conversation? What was it about?
319. Are you a good public speaker?
320. Does anyone hold you accountable? If not, write down a potential accountability partner.
321. What is a mistake you made recently? What did you learn from it?
322. Do you tolerate negative or discouraging influences that you can avoid?
323. What is a new word you learned recently?
324. How can you be better today than you were yesterday?
325. Have you done anything lately that’s worth remembering?
326. Are you reluctant to take risks? Why?
327. What type of person do you want to be?
328. Are you putting any parts of your life on hold? Why?
329. Name three of your most damaging weaknesses. Outline some steps to correct them.
330. What positive content are you putting into your life?
331. What is your greatest enemy?
332. Are you pushing yourself to your fullest potential? Are you pushing yourself too hard?
333. What did you learn about yourself this year?

Goals:
334. Do you believe you can control your mind?
335. What is your dream job?
336. Where do you see yourself in five years?
337. What is something you want to cut out of your life?
338. What is a word you want to eliminate from your vocabulary?
339. What is a business idea you think society needs?
340. When telling your grandchildren about your life, what would you like to say?
341. What is your biggest distraction from your goals?
342. Are you afraid of criticism?
343. Is something in your way? Can you move it?
344. What are you looking forward to?
345. When was the last time you did something out of your comfort zone?
346. Write your to-do list down for today.
347. What do you want to accomplish this week?
348. Make a decision to do something today that you have been holding off on. Write it down, along with a plan to get it accomplished.
349. What do you want people to say about you at your funeral?
350. What do you have to get done?
351. If not now, then when?
352. What is your ideal self?
353. Are your goals based on your identity or social standards?
354. What opportunities are you looking for? How can you create these opportunities?
355. Write a letter to your future self send 5 years from now.
356. What is the last risk you took?
357. Write down your bucket list.
358. You feel most productive when…
359. What would you do if you weren’t afraid?
360. How are your finances? What do you feel you spend too much money on?
361. Create a reading list you would like to accomplish by the end of next year.
362. How much money do you want to make next year? Make a plan to reach your goal.
363. What do you plan to give in turn for meeting your goals?
364. List out your goals from last year. Review your progress and ask yourself: What went well? What didn’t go well? What did I learn?