

Self-Exploration Journal Prompts



Journal prompts

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| <ul style="list-style-type: none">• What do I appreciate about myself?• What are my key strengths?• What areas do I struggle with?• What does taking care of myself involve?• What activities bring me a sense of calm?• What makes me laugh?• What situations or thoughts make me emotional?• What causes me anxiety or fear?• What are the top three priorities in my life?• What stands out as one of my happiest memories?• How would I introduce myself to someone new?• What future events am I excited about?• How do I envision myself in a year if I reach my goals?• What does personal success mean to me?• What has been my most significant achievement to date?• What unrealistic expectations am I placing on myself?• What are my fundamental beliefs and values? | <ul style="list-style-type: none">• Why are they important to me?• When do I feel most energized and alive?• What areas do I need to work on for improvement?• What are the qualities I value in myself?• What motivates me to get out of bed each day?• What are the recurring themes or patterns in my dreams?• How do I handle conflict or disagreement?• What does a balanced life look like to me?• What are some past experiences that have shaped who I am today?• How do I celebrate my achievements, both big and small?• What role does creativity play in my life, and how do I express it?• What are my biggest regrets, and what have I learned from them?• How do I set and maintain boundaries in my relationships?• What are my most cherished memories, and what makes them special to me? |
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Sheffe, J. (2023, February 6). *Journal prompts for self-discovery*. Sparrows Nest Counseling. <https://www.sparrowsnestcounseling.com/blog/journal-prompts-for-self-discovery>