

# 32 Journaling Prompts For Self Discovery & Awareness

1. How am I feeling right now?
2. What scares me the most & why? What can I do to overcome this fear?
3. What do I know to be true today (about myself) that I didn't know a year ago?
4. What activities make me come alive & are so fulfilling I lose track of time?
5. What surprises me the most about my life right now?
6. When do I feel the most successful?
7. At this very moment, what are 4 things I'm most grateful for?
8. What would I do if I knew I could not fail?
9. What are 5 qualities I adore most about myself?
10. What do I love about life?
11. At what point this week did I feel the most joy?
12. What does my ideal day look like?
13. What's not wrong?
14. Who is someone I really look up to? What qualities do they have that I admire?
15. What distractions have been hindering my productivity? How can I reduce them?
16. What kind of person do I want to be?
17. What can I do to consistently improve my self care practices?
18. How can I live my life more passionately?
19. How has my circle of influence positively or negatively impacted me?
20. What was the best thing that happened to me today?
21. What does my dream life look like?
22. What limiting beliefs of mine are keeping me from taking my life to the next level?
23. What is one thing I've done I thought I'd never be able to do?
24. What are my unique gifts and talents?
25. What do I want my legacy to be?
26. When considering my life in its current state, what do I need more of? Less of?
27. When am I the most relaxed?
28. When do I feel the most in tune with myself?
29. What's been bothering me lately and why?
30. Where would I like to travel?
31. What would I do if money were no object?
32. What do I hope friends and family will say about me after I die?

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