

# 60 Journal Prompts

## FOR SELF DISCOVERY

1. Who are you when no one is looking?
2. Do you like who you are?
3. What are your top 5 biggest insecurities?
4. What does your dream life look like?
5. Who do you want to be in 1 year? 5 years? 10 years?
6. What are you most passionate about?
7. What is your greatest strength? Weakness?
8. How do you show people you love them?
9. When is the last time you felt completely happy?
10. How do you plan to improve your life?
11. What would you do if you had a million dollars?
12. How have you changed in the past year?
13. What are 10 things you are grateful for?
14. After you die, what do you want people to remember about you?
15. What would your ideal day look like?
16. What does "success" mean to you?
17. What are the different roles you play in your life? (e.g. daughter, sister, teacher, etc.)
18. What is the best advice you've ever received? Given?
19. How would the most important people in your life describe you?
20. What does unconditional love look like to you?
21. What do you love about life?
22. What always brings tears to your eyes?
23. What did you do yesterday to take care of yourself?
24. What currently worries you the most?
25. Did you enjoy your childhood? Why or why not?
26. Do you have any trauma that you never healed from?
27. What is your biggest regret, and what would you do differently if you had a second chance?
28. What is the biggest lie you've ever told? Why did you tell it?
29. What is the greatest life lesson you've learned thus far?
30. Write a forgiveness letter to someone that has hurt you.
31. How do you make decisions: logically or emotionally?
32. What do you do when you're having a bad day?
33. Do you believe in God/a higher being? Why or why not?
34. How do you manage stress?
35. What is one secret you've never told anyone?
36. How do you deal with anger?
37. How do you deal with sadness?
38. Write down the lyrics to your favorite song.
39. What is one thing that always makes you genuinely excited?
40. What are you proud of yourself for?
41. Make a bucket list.
42. What is one thing you've always wanted to do but haven't done? Why haven't you done it?
43. What makes you angry?
44. If you could change one thing about yourself, what would it be and why?
45. If you could have one superpower, what would it be?
46. What are the major qualities you value in a friend?
47. How would you describe your (future) soulmate?
48. Who is your best friend? What are they like?
49. Who do you miss the most?
50. What are your parents like?
51. Describe a time you felt especially loved.
52. If your life had a theme song, what would it be?
53. What is your favorite hobby? Why do you enjoy it?
54. What do you fear about the future?
55. Describe your dream home.
56. If you had to spend an entire day alone, what would you do? Would you be bored?
57. Think about the major decisions in your life. Did you make them for yourself or others?
58. What big causes do you support?
59. What do you believe about the world?
60. What do you think happens when you die?