

Self-Discovery

Journaling Prompts

1. What am I most proud of?
2. What brings me joy?
3. What Inspires me?
4. What would I tell my future self?
5. I am grateful for..
6. What are my short term goals?
7. What are my long term goals?
8. In the next 5 years I would like..
9. What was the most Important lesson I learned this week?
10. What does my Ideal morning look like?
11. What calms me?
12. What are my strengths?
13. What are my weaknesses?
14. What am I afraid of?
15. What type of legacy do I want to leave behind?
16. I practice self care by..



a wild ride
called life