



Journal Prompts

for self-discovery

Who am I? Get to know yourself...

1. What did I want to be or do when I was young?
2. What have I always wanted to do, but never knew how or was too scared to try?
3. If life was a game, or an experiment, what would I do with my time just because I could?
4. What does my best self look like each day?
5. What do I want to have done in the next 5 years?
6. What about the next 10 years?
7. What job would I love to do each day, paid or not?
8. What is my favourite animal? What animal represents my personality? Why these?
9. How many children do I want, what are their names? Why that number, that name?
10. What are my favourite foods? How do they make me feel?
11. Who are my role models/ idols? Why them, what do they represent?
12. What is my favourite time of year? Why? What will I do in that season?
13. What hobbies or outlets are for me? Creative, Active, Learning, Leisure.
14. What are my favourite films, TV shows, books, or genres? What are my favourite characters and qualities? Why?
15. What topics trigger my deep emotions? What makes me instantly angry, sad, jealous, or afraid?
16. In what ways could I challenge myself productively this month?
17. What are my priorities and intentions for this month, this season, this year?
18. My favourite things to do are... Why?
19. I was most happiest when... Why?
20. I will attract these things into my life... (friends, family desires, job, achievements, places...)