

JOURNALLING PROMPTS

SELF-REFLECTION

- 01 What values do you consider most important in life (e.g. honesty, loyalty)?
- 02 Describe 1–2 significant life events that helped shape you into who you are today.
- 03 When do you trust yourself most? When do you find it harder to trust your instincts?
- 04 What opinions have you held in the past but since questioned or changed? Why?

UNCOMFORTABLE EMOTIONS

- 01 What difficult thoughts or emotions come up most frequently for you?
- 02 Which emotions do you find hardest to accept (e.g. guilt, anger, disappointment)?
- 03 What do you fear most? Have your fears changed throughout life?
- 04 Describe a choice you regret. What did you learn from it?

LIVING YOUR BEST LIFE

- 01 What three ordinary things bring you the most joy?
- 02 What place makes you feel most peaceful? Describe that place using all five senses.
- 03 Who or what most inspires and motivates you?
- 04 Describe 2–3 things you do to relax. Why do you find these things relaxing?

PERSONAL GROWTH AND LIFE GOALS

- 01 What parts of life surprised you most? What turned out the way you expected it to?
- 02 What do you look forward to most in the future?
- 03 Do your goals reflect your desires or what someone else wants for you?
- 04 What obstacles lay in the way of your happiness? How could you overcome them?

PERSONAL GROWTH AND LIFE GOALS

- 01 What part of your working day do you enjoy most?
- 02 Do you see yourself in the same job in 10 years?
- 03 What does your job teach you? Does it offer opportunities for learning and growth?
- 04 Does your work drain or overwhelm you? Why? Is this something you could change?

LOVE AND RELATIONSHIPS

- 01 Who do you trust most? Why?
- 02 What are your strengths in relationships (e.g. kindness, empathy)?
- 03 What 3 important things have you learned from previous relationships?
- 04 What does love mean to you? How do you recognise it in your relationships?