## 25 Journal Prompts FOR SELF-DISCOVERY

- 1. Who am I when no one is around?
- 2. What are my personal boundaries?
- 3. What values are most important to me?
- 4. How do my values impact my choices and actions?
- 5. What is my personal "code for life"? What rules or ethics do I abide by?
- 6. What expectations do I have for myself?
- 7. What advice would I give to my younger self?
- 8. Am I living up to my full potential in life? If not, what is holding me back?
- 9. If I die today, how will I be remembered? How do I want to be remembered?
- 10. What (or who) am I holding on to that I need to let go? What are the reasons I've held on to them? What could happen if I let go of them?
- 11. What are my resentments? What role do I play in each resentment?
- 12. For what moment today (or recently) am I the most grateful? The least grateful?
- 13. When today (or recently) did I ask for what I needed? When today (or recently) did I not ask for what I needed? What was the outcome?
- 14. What was my biggest struggle today?
- 15. What helped me most with my negativity today (or recently)? What helped me least with my negativity today (or recently)?

