



SELF DISCOVERY

30 JOURNALING PROMPTS

- Describe a moment from today that I want to remember always.
- How do I cope with stress and anxiety?
 - List all my small victories.
- Have I kept in touch with my childhood friends?
- Describe a typical Wednesday.
- What does it mean to be strong?
- What were some of my favorite childhood books?
- What is my favorite season, and why?
- Write about one of your childhood friends.
 - Write a song.
- What do I hope to achieve by the end of this year?
 - What is my favorite snack?
- What's on my heart right now?
 - Favorite animal?
- What am I looking forward to next month?
- Describe what life was like a year ago today?
- What are my 5 favorite movies, and why?
- What are some of the things I tend to do when I procrastinate?
- What is my favorite hour of the day, and why?
- List your top ten favorite quotes.
 - What is my favorite holiday?
 - What makes me feel confident?
- What are some things that make me feel nervous?
 - What do I love about myself?
 - What currently inspires me?
- What is something I would like to learn?
 - Has somebody been kind to me recently?
 - Write a poem.
- What am I really good at?
- What are three things from this past month that have been challenging?