



50  
JOURNAL PROMPTS  
FOR SELF-DISCOVERY

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# 50 Journal Prompts For Self-Discovery

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1. What is the one thing that scares you? Why?
2. What do you want to accomplish this year?
3. If you knew you would not fail, what would you do?
4. What is your favorite memory?
5. Write a letter to someone you need to forgive.
6. What does your perfect day look like?
7. If you could have 3 wishes, what would they be?
8. What makes you unique?
9. How would you describe yourself?
10. What are the top 5 qualities you expect from a friend?
11. What does your dream job look like?
12. What do you do to relief stress and anxiety?
13. What do you need to do to get closer to your goals?
14. What motivates you in your life right now?
15. What is out of harmony, and how can you restore it?
16. What are your career aspirations?
17. How do you spend your free time? Do you exercise?
18. What excuses do you use that impact your dreams and goals?
19. If you could only do one thing this week, what would you do?

20. What would others say about you when they meet you for the first time.
21. When was the one moment in your life when you felt most alive?
22. What do you waste the most time on?
23. What gives you energy?
24. When is the last time you felt unconditional love for someone?
25. Do you get enough sleep? Why?
26. Do you think the way you eat is highly, energy efficient?
27. Do you have the energy to reach your goals?
28. Who and what drains you?
29. What and who inspires you?
30. What is your most important value?
31. What was great about your life this week?
32. What are you grateful for?
33. What step could you take today to make the biggest difference in your life?
34. At your eulogy, what do you want to be remembered by?
35. What self-care practices are you willing to try?
36. What is the biggest fear holding you back from achieving your goals?
37. What are your top 5 priorities in you life?

38. What obstacles have you faced and what did you do to overcome them?
39. What 10 things do you love about yourself?
40. What actions can you do today to simplify or declutter your life?
41. Where do you see yourself in 5 years, 10 years, 15 years?
42. What do you need more of in your life? Less?
43. Write about a challenging situation you went through. What did you learn from it?
44. Make a list of 10 things you do incredibly well.
45. How do you maintain your spiritual and emotional well-being?
46. Describe a situation where you needed to be bold. What happened and how did it affect you?
47. If you could change one thing about yourself, what would it be and why?
48. What was your childhood dream? What happened to that dream and why?
49. How have you changed this year? Do you have any regrets?
50. What are you really proud of about yourself?

**If you need additional assistance, with confidence, self-esteem, career or relationships, please contact me at [cheri@cherischultz](mailto:cheri@cherischultz) for a FREE consultation.**