

# 40 JOURNAL PROMPTS FOR PERSONAL DEVELOPMENT

- What are you currently avoiding focusing on? Why are you afraid to explore that area of your life?
- What's frustrating you right now?
- List some of your weaknesses and ways to deal with those weaknesses
- What thoughts have you been thinking lately that are not true or are even harmful toward you or those around you?
- If anything was possible, what would your long-term goals be?
- What's a desire you have that you've never told anyone else about?
- What do you feel is missing from your life?
- How do you indulge yourself? Do you need to indulge yourself more often or less often?
- What was the biggest mistake you made this week?
- Is there anything you did this week that you wish you'd done differently?
- What character traits do you need to work on?
- What are the top ten qualities a friend should have ( for example: treats people with respect; listens but doesn't judge; has a quirky sense of humor; is an artist; lives with passion; doesn't sweat the small stuff; is loyal and trustworthy)?
- What would make you feel spiritually fulfilled?
- What physical characteristics are you most self-conscious about? How could you make peace with those?
- How have you stretched your comfort zone in the past month (even slightly)? What did you learn from this experience? What's one new comfort zone challenge you'd like to conquer?
- What might you need to forgive yourself for right now?
- What's the next step you've been thinking about taking for far too long?
- How will you embody "love" today? What specifically will you do?
- What kinds of physical clutter have been complicating your life and diverting you from meaningful life experiences?

- What's something you often take too personally even though, logically, you know better?  
How has this habit affected your life?
- How can you provide healthy challenges for both your mind and body on a daily basis?  
What will you do today to walk the talk?
- What's something true about you that you need to embrace more openly and lovingly?
- How have your recent expectations of others gotten the best of you? What happened, and what have you learned?
- What's something from your past that you are thankful you gave up on? Why?
- What distractions have been getting the best of you lately? How often? Why?
- How did you procrastinate on important tasks this week?
- What's one old pattern of behavior that sometimes still sneaks up on you? What's a better alternative, and why?
- What do you love about yourself?
- How have your recent expectations of others gotten the best of you? What happened, and what have you learned?
- What feelings are in the backburner?
- What do you feel guilty about right now? Should you?
- Write a [list of 100 dreams](#)
- What did you do this week that moved you closer to reaching your goals?
- Over the past month, what have your actions been silently saying about your priorities?  
Are there any changes you want to make?
- What is one privilege you have that you often take for granted?
- What is your greatest weakness? Describe a time this weakness held you back.
- How far have you come? How much have you grown? Think about the specifics of your recent and long-term growth. What have you not given yourself enough credit for?
- What's the hardest thing you're trying to accomplish or cope with right now? What is something small and necessary about this struggle?
- What are my personal values?
- How am I fulfilling my purpose in life?