

40 JOURNAL PROMPTS TO GET TO KNOW YOURSELF BETTER

- What are your best qualities?
- What's the best compliment you've ever received? Why did it mean so much to you? (if thinking of the best seems overwhelming, just write about the first one that came to your mind).
- What would paradise be like for you?
- As a child, what did you want to be when you grew up?
- What's your first memory?
- What's one of your most vivid childhood memories?
- What did you most enjoy doing this week?
- If you could instantly become an expert in any subject or activity, what would it be?
- What would your perfect day be like?
- What makes you unique?
- What are your best character traits?
- What are you really good at?
- How would you describe yourself?
- How would your best friend describe you?
- What are some of your idiosyncrasies?
- How do you think others see you when they meet you for the first time?
- At what point yesterday did you feel most like yourself?
- How would you like to make this world a better place? How can you best share your gifts with the world?
- What is your greatest strength? Describe a time this strength served you well.
- What do you love about yourself?
- What is your greatest weakness? Describe a time this weakness held you back.
- Do you lean into challenge or away from it? Describe a time you were given a challenge you weren't sure you could complete. How did the situation make you feel?
- How have you been misjudged lately?
- What traditions do you most look forward to?

- What makes you feel sad?
- What's your favorite ritual?
- How has your life ended up different than you expected?
- How do you indulge yourself? Do you need to indulge yourself more or less often?
- What makes you feel stressed?
- What's something you often take too personally even though, logically, you know better?
How has this habit affected your life?
- What's something true about you that you need to embrace more openly and lovingly?
- When's the last time you laughed really hard? What made you laugh?
- What do you do to cheer yourself up? What are more ideas you could use but never have before?
- Where do you feel most like yourself right now? Job, relationships, situations, hobbies, etc.
- What would you love to learn?
- What sounds fun to you right now?
- What's your favorite color right now? What do you think it says about you?
- What are some of your favorite smells? Why do you like them?
- What makes you feel most nostalgic?
- What's a hobby that you'd secretly love to pursue?