

Self-Awareness Journaling Prompts

1. What do you really want for yourself right now and why do you want it?

2. If you only had one more day to live, what would you have the courage to do now?

3. Who do you need to be to achieve your purpose?

4. What do you think you were meant to do in this life?

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5. What do you think you were meant to be in this life?

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6. What are you willing to take risks and struggle for?

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7. When do you remember feeling the happiest during your
childhood and why?

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8. What pain or resentment from the past are you still holding on to that is holding you back today?

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9. What do you not want others to know about you?

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10. What would you leave as it is in your current life and what would you change?

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11. What are you doing in your life just because you “should” not because you actually want to?

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12. What is one thing you keep telling yourself that you will do when you have the time or resources?

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13. How are you currently neglecting or hurting yourself?

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14. What are you not taking responsibility for that you know you need to take responsibility for?

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15. What are you avoiding right now and why?

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16. What makes you lose touch with yourself and what makes you connect with yourself again?

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17. What are you currently afraid of?

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18. What do you refuse to accept about your reality?

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**19. What is the best thing that you could do for yourself
right now?**

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20. What shield are you using to protect your vulnerability?

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21. In what area of progress do you feel stuck no matter how hard you try to fix it?

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22. What problem do you want to solve in your life right now?

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23. What is your number one value today and why?

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24. What expectations do you need to let go of right now?

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25. What do you currently feel has power over me? And could you reclaim your power back from it?

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26. What do you do that doesn't seem like work, regardless of the difficulty?

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27. What is your number one value today and why?

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28. What makes you feel unfulfilled about your life right now?

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29. What do you want your life to be in service of?

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30. What was the defining moment that changed your life forever?

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31. What makes you feel great about yourself?

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32. What are you most grateful for in your life right now?

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33. What do you usually complain about more than anything else?

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34. What conflict is unresolved in your life?

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35. What would you take a stand for and what would you
take a stand against?

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36. What would you still do even if you had to do it for free?

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37. If you had enough money and knew that you could never run out of it, how would you use your time and energy?

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38. What is the number one belief in your life that is preventing you from getting what you want in life?

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39. How do you want to be remembered? What do you want people to say about you behind your back?

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40. What questions do you have right now that you didn't find answers for yet?

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41. If you knew that life is full of suffering and that you had to choose your battles, what pain will you say YES to?

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42. What are you so committed to that you will say YES to any downsides that might come with this thing?

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43. When do you feel most alive?

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