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25 JOURNAL PROMPTS FOR PERSONAL GROWTH

1. Right now I feel...
2. In 3 words, I would describe myself as...
3. What lights me up? What could I talk about endlessly?
4. What topic gets me riled up? What do I/would I passionately take a stand for?
5. What's bothering me or making me feel stressed right now?
6. What am I really good at? What comes naturally to me?
7. What skills do I want to improve?
8. What new skill would I love to learn?
9. What do I value most in life?
10. What is my greatest accomplishment? What strengths of mine helped me achieve it?
11. What do I hope to achieve this month, in 6 months, 1 year, or 5 years?
12. A hardship that I've overcome that I'm proud of is...
13. A time in my life when I was most courageous was...
14. What am I most afraid of? What holds me back?
15. If I had no fear, what's something I would love to try or do?
16. What do I struggle with the most in my life?
17. If I had all the money in the world, how would I spend my time?
18. What would my ideal day look like, from morning until night?
19. What is something I've never told anyone before? What makes me feel most vulnerable about this?
20. What is one thing I absolutely know and believe to be true?
21. What do I believe about myself that I know is true?
22. What do I believe about myself that I know isn't true?
23. What is one of my greatest life lessons?
24. What piece of advice would I share with the world if I could?
25. 3 things I'm grateful for in my life...