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JOURNAL

PROMPTS

FOR

SELF-

DISCOVERY

Welcome



Hey There,
I am Ninette Nixon, from the
MouldingLife.

I am so glad that you found these
journal prompts.

So, are you ready to start your self-
discovery journey with these prompts?

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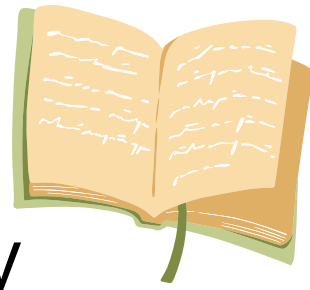
**YOU'VE GOT TO
KNOW YOURSELF
SO YOU CAN AT
LAST BE
YOURSELF.**

- D. H. Lawrence

”



1. Describe yourself in 5 words.
2. Describe your ideal day.
3. What is your favorite color. Why?
What does the color represent & mean to you?
4. What are your favorite fictional characters? Why are they your favorite?
5. You have an opportunity to meet two famous personalities- one alive & one who passed away - who would those be and why?
What conversation will you have with them?
6. What makes you happy and why?
7. What makes you sad and why?



8. Write about a happy memory from childhood? Why is it your favorite happy memory?

9. What are your strengths? Write about them.

10. What are your weaknesses? Write about them.

11. What do you want to achieve in your life in 5 years?

12. If today was the last day of your life, how would you spend it?

13. How do you want to be remembered among your friends, family & community?

14. Who is your role model & why?

15. What is your favorite movie & why?

16. Are you an extrovert, introvert or ambivert.



17. Describe your dream job.

18. Write a letter to your younger self.

19. Are you comfortable spending time with yourself? Why or why not?

20. Do you love yourself unconditionally & unapologetically? Why or why not?

21. Describe the qualities you want to inculcate in yourself.

22. Write about your past achievements.

23. What are the 5 things that you are grateful for?

24. Write a letter to your future self.

25. What is your favorite quote? Why is it your favorite?

26. Who do you admire the most? Why?



27. What are the values and principles by which you want to live your life?

28. Are you happy about who you are right now? If no, what can you do to become the person you want to be?

29. Are you happy about the life you are living right now? If no, what can you do about it?

30. What is most important for you in a relationship?

31. Imagine you won a million dollars. How will you spend the money? Why?

32. Do you have a bucket list? What is on your list? If you don't have a bucket list, make one.



33. Who is your bestfriend?

What do you admire in him/her?

34. If you were granted 3 wishes, what would you wish for ? Why? (You cannot wish for more wishes!)

35. Are you happy with your job? If no, what can you do about it?

36. If you could be superhero, which one would you be? Why?

37. If you were to write an autobiography or memoir of your life, what would the title be? Why?

38. What qualities do you want in your life partner?

39. What is the easiest way to hurt you?

40. What is your favorite genre of movies or books? Why?



41. Write 5 quick facts about you

42. If you had a superpower what would it be? Why?

43. If you were asked to give a piece of advice to a random person, what would it be and why?

44. What are the bad habits that you want to break?

45. What good habits do you want to develop?

46. How can you become a better person?

47. If you could change one thing from your past, what would that be? Why?

48. About what topic can you talk for 30 minutes enthusiastically.

49. What do you do to relax?

50. What is the bravest thing you have ever done?



51. Can you smile at yourself looking at the mirror? Why or why not?

52. What inspires you the most?

53. What is the biggest mistake that you have done? What can you learn from it?

54. Are you mindful? If no, what can you do about it?

55. What 5 things about your body or looks that you like.

56. If your house were on fire and you could take only one thing with you except valuables like wallet or passport, what would it be? Why?

57. If you had 48 hours in a day, how would you spend those extra 24 hours. Why?



58. what are you most afraid of? Why?

59. Do you handle stress well? If no, what can you do about it?

60. What are your biggest regret in life? Why?

61. Are you an optimistic person. Why or why not?

62. Are you an overthinker? If yes, what can you do about it?

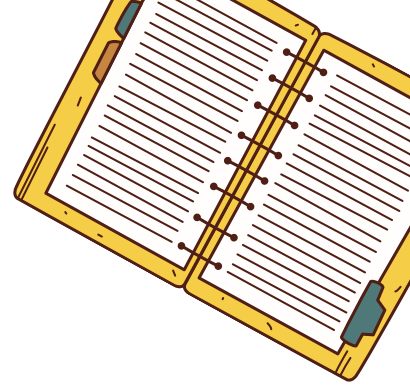
63. If you could change three things in the world, what would it be and why?

64. Do you practice self care regularly? Why or why not?

65. Write about an experience that changed you completely.

66. What are your favorite hobbies? Why is it your favorite?

67. How do you talk to yourself? Is it with love and respect or negatively? Why?



68. What is more important to you - personality or character? Why?

69. Write about your long term & short term goals.

70. Are you a productive person? If not, why? What can you do about it?

71. Write about the emotion that you are feeling right now? Why are you feeling this emotion?

72. Love and trust - what does it mean to you?

73. How do you express your love & concern for others? Should you work in this area? If yes, how?

74. What do you think is your life purpose?

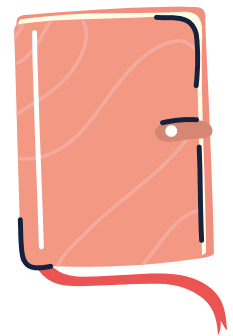
75. Do you have a mission statement?
If yes, what is it? If no, make one.

76. What makes you angry? Why?

77. Are you an open minded person?
Can you accept other people's
opinions & ideas even if they are
different from yours?

78. Are you a confident person? Why
or why not?

79. What are your biggest
insecurities?



80. What irritates you the most? Why?

81. Are you a good friend? Why or
why not?

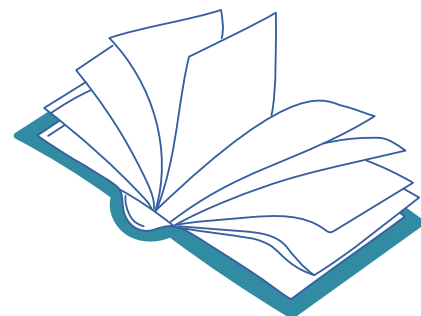
82. Can you forgive people for the
mistakes they have done? Why or why
not?

83. Do you run away from emotions?
If yes, why?

84. Who are you jealous of? Why?

85. As a person, how much have you grown in the last 5 years?

86. What life lesson did you learn in the past year?



87. Doing what activities make you feel peaceful?

88. Are you scared of rejections? If so, why, and what can you do about it?

89. What does success mean to you?

90. What limiting beliefs are stopping you from success?

91. Are you emotionally strong? If no, what can you do about it?

92. Do you spend quality time with your friends and family? If no, what can you do about it?

93. Are you living a balanced life. If no, what can you do about it?

94. Are you hard on yourself when you make mistakes? Can you forgive yourself? If no, what can you do about it?

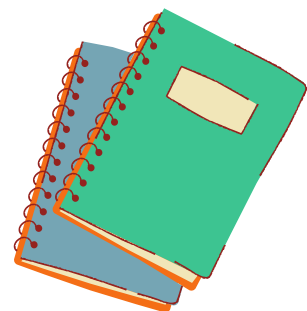
95. Do you have a daily routine? Are you happy with it? What can you do to improve this?

96. Are you happy with the financial aspect of your life? If no, what can you do about this?

97. What is your biggest dream? What is your plan to achieve it?

98. Can you stand up for yourself? If no, why? What can you do about this?

99. Rearrange this list in your order of priority - fame, success, money, happiness, love.



100. What is the one thing that you can do an entire day without complaining? Why?

101. What is your passion in life?

102. If you had to choose one word for this year and live by it, what would it be and why?



BE
FABULOUS

Did you find these self discovery journal prompts helpful? I will be more than happy to know your thoughts.

Send me an email at
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Or you can connect with me through
[Facebook](#), [Instagram](#) or [Twitter](#).

Check out the [blog](#) for contents that will inspire and motivate you to become the best version of yourself.

And also, you can find me on [Pinterest](#).

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