

33 Personal Growth Journal Prompts

for self discovery



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What are 8 things that bring me joy?

What does my perfect day look like?

What are my 5 healthiest habits?

How can I show myself more kindness?

What are 5 things that motivate me?

What is my life's purpose?

What makes me feel energized?

What habits are holding me back?

If I could live anywhere, where would it be?

How can I improve my relationships?

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Who do I admire most, and why?

Name 3 people I'm grateful and explain why.

What negative mindsets do I have?

Write about a favorite childhood memory.

Create a bucket list of 5 things I'd like to do.

What are my biggest fears?

Reflect on a past mistake and how I've grown from it.

If money were no concern, what would I buy?

List 10 words to describe myself.

What does success mean to me?

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List my 5 favorite foods? How often do I eat them?

List my hobbies. Brainstorm new ones for inspiration.

List 5 things I'm good at.

Name 10 ways to show kindness to family + friends.

What is my biggest struggle?

List my 3 biggest insecurities.

List my top 5 pet peeves.

What drains my energy?

What is my dream job?

What makes me different than other people?

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How do I cope with strong feelings?

Where do I see myself in 5 years?

List 5 encouraging things you can say to yourself.

10 empty rounded rectangular boxes for journaling responses.