

20 JOURNALING PROMPTS FOR SELF-GROWTH & MENTAL HEALTH

1. I'm the type of person that...
2. I *want* to be the type of person that...
3. I'm most happy when I'm...
4. At this moment, what am I most grateful for?
5. What is the most valuable lesson I've learned in my life so far?
6. What do I really want to focus my energy on?
7. On December 31, how do I want to feel about the year I've had?
8. Who do I want to build a stronger relationship with this year? What qualities/ characteristics do I admire most about this person?
9. What are 3 qualities/ characteristics I value about myself?
10. What is 1 quality/ characteristic I wish I had? Why? How can I work on gaining and strengthening this quality?
11. What is the 1 thing that I'm going to give up that hasn't served me in the past?
12. A goal I set that excites me the most right now is...
13. In another life, I think I would have been...
14. If I took myself on a date, what are some things I would do to show myself I cared?
15. I keep saying that I'm going to...
16. Something that I didn't do before, but that I do now and that has made my life so much better is...
17. I didn't know I was capable of...until I...
18. I believe I'm at my best when...
19. What are 3 fool-proof things I do when I need to cheer myself up?
20. What is inspiring me right now? Why does this inspire me?