



JOURNALING TIPS FOR SELF DISCOVERY

1. What does your dream life look like? Describe it.
2. What is your ideal day?
3. Where do you see yourself next month? Next year? In the next 5 years?
4. What's one thing you've learned over the past year that's stuck with you the most?
5. What are you most grateful for in your life?
6. Describe how you can simplify your life to increase your happiness.
7. Describe the moments you feel most in tune with yourself.
8. If you could talk to anyone in history who would it be? Why?
9. What are your top ten goals to accomplish in the next year?
10. Who do you look up to the most? Why?
11. Describe yourself as if you were someone else being asked to do it.
12. What does happiness mean to you?
13. If you could give your younger self advice what would it be?
14. Describe your life five years from now in as much detail as you can.
15. What are ten things you love about yourself? Why?
16. Write down five positive affirmations about yourself. Repeat them daily.
17. What are some things you enjoyed most when you were a kid? How can you do them now?
18. If you couldn't fail what would you do?
19. If you could go anywhere in the world where would it be and why?
20. If you could describe yourself in one word what would it be and why?
21. Describe your favorite memory.
22. If you could live in another time period, when would it be? What would you want to do?
23. When are you most at peace?
24. Write down anything that comes to mind in two minutes.
25. What kind of person do you want to be known as?
26. What do you value most in life?
27. What fears are holding you back from living your life to the fullest? How can you let them go?
28. What is something you've always wanted to do but were too scared to try?
29. What is a quality you've always wished you had? How can you attain it?
30. Draw a picture of something that makes you happy.