

# Self-Love & Self-Discovery JOURNAL PROMPTS

1. What do I need more of in my life?
2. What do I need to let go of? (Fears, toxic energy & relationships)
3. What are some of the limiting beliefs that might be holding me back?
4. What are 10 things I am grateful for today?
5. What are 10 positive things about my life? (Things I absolutely love about my life)
6. What are 5 ways that I can go out of my comfort zone this year?
7. What are 7 things I am really good at?
8. If money wasn't an issue, what would my ideal life be? (Where would I live, what would my career be, what would my family look like)
9. What motivates me to keep going?
10. How would I describe myself to someone who has never met me before?
11. What are 3 of my life's passions? (things that set my soul on fire)
12. Where is my favorite place to go?
13. Who is my biggest inspiration and why?
14. Where will I be in 5 years?
15. What does my ideal day look like?
16. What unhealthy habits do I need to cut out?
17. What do I love most about myself? (5 things, at least)
18. What is something I've been wanting to do but have been too afraid to try? (Why am I afraid?)
19. What are my top 3 goals for this year and how can I achieve them?
20. What do I struggle with the most?
21. What are 5 words that describe me best and why?
22. How can I add happiness to my daily life?
23. What do I need to forgive myself for?
24. What does success mean to me?
25. How can I show myself more love?
26. What am I going to achieve next month?
27. What negative mindsets do I need to let go of?
28. Write out 50 things that make me smile.
29. What would I do if I knew I could not fail?
30. What are the 100 qualities I'm looking for in a life partner? (for the single peeps!)