

Journal Prompts

- What are your core values? Are you living your life in accordance with them?
- Complete this sentence and then keep writing: “I am courageous because I ____.”
- How do you handle disagreements and conflicts? What is your arguing style? How do you handle losing an argument?
- Being overly generous and being excessively critical can both cause problems in life. Do you tend to fall into one (or both) of those extremes? Which do you think is the better way to approach yourself or others?
- What’s been hard for you to admit to yourself?
- What was the hardest thing you said to someone?
- What is different about you from this time last year?
- Who do you want to build a deeper relationship with?
- What internal challenge has taught you the most about yourself?
- What did you find most challenging to work through this year?
- If you could visit anywhere in the world, where would you go?
- What is your favorite memory?
- If you had a day to do anything you wanted, what would you do?