

GETTING TO KNOW MYSELF

20 JOURNAL PROMPTS FOR GETTING TO KNOW MYSELF AND ANSWERING THE QUESTION

"WHAT DO I WANT?"

- 1 What does my ideal day look like from start to finish?
How do I feel during this day?
- 2 If I had no fear of judgment or failure, what would I pursue or focus on?
- 3 What are the things that make me feel most alive and energised?
- 4 What areas of my life do I feel unfulfilled in, and why?
- 5 What activities or experiences make me lose track of time because I enjoy them so much?



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- 6 Who are the people or relationships that bring out the best in me? What do they bring into my life?
- 7 If I could remove one responsibility or obligation from my life, what would it be, and how would that change things for me?
- 8 What do I most want to contribute to the world? What impact do I want to have on others?
- 9 What do I want to feel more of in my daily life? (e.g., joy, peace, excitement, freedom, etc.)
- 10 What's something I've always wanted to try but haven't yet? What's holding me back from pursuing it?
- 11 What does success mean to me? How do I define it for myself?
- 12 What would my life look like in five years if I started working toward what I truly want today?



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- 13 If money wasn't a concern, how would I spend my time?
What would I focus on?
- 14 What are three things I want to say "yes" to more often?
What are three things I want to say "no" to?
- 15 What childhood dreams or passions have I let go of, and
do any of them still resonate with me now?
- 16 When I think about what I want, do I base my desires on
others' expectations or my own?
- 17 What do I want my life to look like outside of work? What
hobbies, relationships, adventures matter to me?
- 18 What beliefs or fears might be holding me back from
admitting what I truly want?
- 19 How would I feel if I achieved everything I wanted?
- 20 What legacy do I want to leave behind? How do I want to
be remembered?

