


Journaling Prompts

for Self-Discovery

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1. What are my sleep triggers?
 2. What situations or people make me want to go back to sleep?
 3. What were my most awake moments?
 4. What situations or people make my soul sing?
 5. Are you acting from a belief about what defines a good person?
 6. Are you drawing from a personal philosophy that doesn't give you wiggle room to be human?
 7. Write down one hundred things that you love. No matter how big or small, put it down.
 8. What am I worried about?
 9. What problem, if I could solve it right now, would change my life?
 10. What sends my stomach into knots?
 11. What is my greatest fear?
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