



# 118 JOURNAL PROMPTS

*About yourself*

# *Journal prompts about yourself*

1) WHAT ARE YOU ADMIRING AND COMPLIMENTED FOR THE MOST?

---

---

---

---

2) HOW DO YOU THINK YOU CAN MAKE YOUR LIFE MORE ENJOYABLE?

---

---

---

---

3) WHAT DOES SUCCESS MEAN TO YOU?

---

---

---

---

4) WHAT IS THE BEST ADVICE YOU HAVE EVER RECEIVED?

---

---

---

---

5) WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF?

---

---

---

---

6) WHAT DO YOU THINK YOU ARE MISSING RIGHT AT THIS MOMENT?

---

---

---

7) WHAT DO YOU LOVE THE MOST ABOUT YOURSELF?

---

---

---

---

8) DEFINE YOUR BOUNDARIES.

---

---

---

---

9) WHAT DO YOU LOOK FOR WHEN YOU ARE STRUGGLING?

---

---

---

---

10) WHAT ARE THE OUTWARD SIGNS YOU DISPLAY WHEN FEELING OVERWHELMED?

---

---

---

---

11) WHEN DO YOU FEEL THE MOST CREATIVE?

---

---

---

---

12) WHAT DO YOU DO WHEN YOU FEEL UNAPPRECIATED?

---

---

---

---

13) WHEN DO YOU FEEL THE MOST HEALTHY?

---

---

---

---

14) WHEN DO YOU FEEL THE MOST PRODUCTIVE?

---

---

---

---

15) WHAT MAKES YOU FEEL THE MOST AT HOME?

---

---

---

---

16) WHAT IS YOUR WORST HABIT?

---

---

---

---

17) WHAT IS YOUR BEST ATTRIBUTE?

---

---

---

---

18) WHAT IS YOUR FONDEST MEMORY?

---

---

---

---

19) WHAT IS YOUR WORST MEMORY?

---

---

---

---

20) WHAT IS THE ONE THING YOU CANNOT LIVE WITHOUT?

---

---

---

---

21) HOW WOULD YOU DESCRIBE YOURSELF?

---

---

---

---

22) WHAT IS THE BIGGEST LESSON THAT YOU LEARNED FROM LIFE?

---

---

---

---

23) WHO IS THE PERSON YOU LOOK UP TO THE MOST?

---

---

---

---

24) WHAT MAKES YOU FEEL THE MOST AT PEACE?

---

---

---

---

25) WHAT DO YOU WANT TO BE SEEN OR RECOGNIZED AS?

---

---

---

---

26) WHAT IS THE ONE THING YOU NEED TO LET GO OF?

---

---

---

---

27) A SONG THAT DEFINES THE REAL YOU. WHY?

---

---

---

---

28) DO YOU THINK YOU CAN SPEND THE ENTIRE DAY IN YOUR OWN COMPANY WITHOUT FEELING BORED?

---

---

---

---

29) WHEN FACED WITH A TASK YOU ARE UNSURE ABOUT, WOULD YOU ASK FOR HELP? WHY?

---

---

---

---

30) HOW DO YOU APPROACH CHALLENGES IN LIFE?

---

---

---

---

31) DO YOU TRY SOMETHING NEW TO IMPRESS OTHERS?

---

---

---

---

32) WHEN THE WORKLOAD IS OVERWHELMING, WOULD YOU PUT IN EXTRA EFFORT OR ASK FOR HELP?

---

---

---

---

33) WHICH ONE WOULD YOU CHOOSE – A WELL-PAYING JOB YOU HATE OR A LOW-PAYING ONE YOU LOVE?

---

---

---

---

34) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?

---

---

---

---

35) IF YOU KNEW YOU COULDN'T FAIL WHAT WOULD YOU DO?

---

---

---

---

36) HOW DO YOU APPROACH CHALLENGES IN LIFE?

---

---

---

---

37) DO YOU TRY SOMETHING NEW TO IMPRESS OTHERS?

---

---

---

---

38) WHEN THE WORKLOAD IS OVERWHELMING, WOULD YOU PUT IN EXTRA EFFORT OR ASK FOR HELP?

---

---

---

---

39) WHICH ONE WOULD YOU CHOOSE – A WELL-PAYING JOB YOU HATE OR A LOW-PAYING ONE YOU LOVE?

---

---

---

---

40) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?

---

---

---

---

41) IF ALLOWED TO CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE? WHY?

---

---

---

42) HOW CAN YOU MAKE YOURSELF FEEL SAFER?

---

---

---

---

43) DO YOU HAVE A SAFE PLACE? WHY DO YOU NEED ONE?

---

---

---

---

44) HOW DO YOU DEAL WITH YOUR WORRIES?

---

---

---

---

45) WHAT IS YOUR BIGGEST ACHIEVEMENT?

---

---

---

---

46) HAS ANYTHING CHANGED YOUR OUTLOOK ON LIFE?

---

---

---

---

47) WHAT MAKES YOU JUMP WITH EXCITEMENT?

---

---

---

---

48) DO YOU THINK YOU ARE GOOD AT MAKING DECISIONS? HOW CAN YOU IMPROVE?

---

---

---

---

49) DO YOU CONSIDER YOURSELF AN ORGANIZED PERSON?

---

---

---

---

50) WHAT DO YOU CONSIDER THE MOST IMPORTANT THING IN LIFE?

---

---

---

---

51) DO YOU THINK YOU ARE FOCUSED? HOW CAN YOU IMPROVE?

---

---

---

---

52) WHAT IS THE PROUDEST MOMENT IN YOUR LIFE?

---

---

---

---

53) LIST SOME PERSONAL DETAILS ABOUT YOU FEW PEOPLE ARE AWARE OF.

---

---

---

---

54) WHAT CAN YOU DO TO CHANGE THE WORLD?

---

---

---

---

55) SOMETHING NEW THAT YOU DISCOVERED ABOUT YOURSELF.

---

---

---

---

56) WHAT IS THE PART OF THE DAY YOU ARE HAPPIEST? WHY?

---

---

---

---

57) ONE THING IN YOUR LIFE YOU DON'T WANT TO GIVE UP. WHY?

---

---

---

---

58) DO YOU THINK RULES AND LAWS SHOULD BE FOLLOWED?

---

---

---

---

59) DO YOU THINK BREAKING RULES IS OKAY IF THE SITUATION DEMANDS IT?

---

---

---

---

60) WHAT IS THE FIRST THING IN LIFE YOU ARE WILLING TO GIVE UP?

---

---

---

---

61) HOW DO YOU FEEL WHEN YOU ARE NOT SUCCESSFUL?

---

---

---

---

62) HOW DO YOU FEEL WHEN YOU DON'T GET WHAT YOU WANT?

---

---

---

---

63) ON A SCALE OF 1-10, HOW MUCH SELF-CONTROL DO YOU HAVE? HOW CAN YOU IMPROVE?

---

---

---

---

64) HOW DO YOU FEEL WHEN FACED WITH REJECTION?

---

---

---

---

65) WHICH ANIMAL REPRESENTS YOU THE BEST? WHY?

---

---

---

---

66) HOW TRUTHFUL ARE YOU IN DAILY LIFE? DO YOU THINK YOU CAN DO BETTER?

---

---

---

67) ARE YOU A FORGIVING PERSON? IS THERE ANY SCOPE FOR IMPROVEMENT?

---

---

---

---

68) HOW EASILY DO YOU FORGIVE YOURSELF?

---

---

---

---

69) ARE YOU A LEADER OR A FOLLOWER? ARE YOU HAPPY WITH YOUR PRESENT MINDSET?

---

---

---

70) WHAT IS YOUR STRATEGY TO MANAGE FEAR?

---

---

---

---

71) HOW OFTEN DO YOU BRING OUT YOUR CREATIVE SIDE? DO YOU HAVE TROUBLE WITH THIS?

---

---

---

72) DOES ASKING FOR HELP COME NATURALLY TO YOU? DO YOU THINK YOU NEED TO WORK ON THIS?

---

---

---

---

73) DO YOU DRESS TO IMPRESS OTHERS OR FOR YOURSELF?

---

---

---

---

74) WHAT ARE YOU THE MOST PASSIONATE ABOUT?

---

---

---

---

75) HOW CONFIDENT ARE YOU ABOUT YOUR CAPABILITIES?

---

---

---

---

76) DO YOU NEED TO PLAN EVERYTHING DOWN TO THE LAST DETAIL?

---

---

---

---

77) DO YOU LOVE YOURSELF, WARTS AND ALL?

---

---

---

---

78) WHAT OR WHO MAKES YOU FEEL UNCOMFORTABLE?

---

---

---

---

79) DO YOU FOLLOW ANY ROUTINES OR RITUALS FOR COMFORT?

---

---

---

---

80) DO YOU THINK OF YOURSELF AS A PATIENT PERSON?

---

---

---

---

81) DO YOU APOLOGIZE OFTEN? DO YOU THINK THIS IS NECESSARY?

---

---

---

---

82) HOW IMPORTANT IS WORK IN YOUR LIFE?

---

---

---

---

83) ARE YOU IN THE HABIT OF DAYDREAMING? WHAT ABOUT AND WHY?

---

---

---

---

84) WHAT DO YOU CONSIDER YOUR DRASTIC FAILURE?

---

---

---

---

85) WHAT WAS THE MOST IMPORTANT DECISION YOU EVER MADE IN LIFE?

---

---

---

---

86) DO YOU THINK YOU ARE UNIQUE? WHY?

---

---

---

---

87) ARE YOU AWARE OF YOUR BELIEFS? DO YOU FOLLOW THEM?

---

---

---

---

88) DO YOU CONSIDER YOURSELF AN EXTROVERT OR AN INTROVERT?

---

---

---

---

89) WHAT WAS THE MOST DIFFICULT CHOICE YOU HAVE EVER MADE?

---

---

---

---

90) DO YOU THINK YOUR LIFE IS TOO FAST-PACED OR TOO SLOW?

---

---

---

---

91) HOW GOOD ARE YOU AT PROBLEM-SOLVING?

---

---

---

---

92) DO YOU THINK YOU ARE KIND AND COMPASSIONATE WITH YOURSELF?

---

---

---

---

93) DO YOU EMPATHIZE WITH OTHERS?

---

---

---

---

94) HOW GOOD ARE YOUR COMMUNICATION SKILLS?

---

---

---

---

95) WHAT ANNOYS OR BOTHERS YOU THE MOST?

---

---

---

---

96) HOW WOULD YOU RATE YOUR WORK ETHIC? DO YOU THINK THERE IS SCOPE FOR IMPROVEMENT?

---

---

---

97) WHAT IS THE MOST INSPIRATIONAL QUOTE YOU HAVE COME ACROSS? WHY?

---

---

---

---

98) WHAT IS THAT ONE WORD THAT SUMS UP YOU? EXPLAIN

---

---

---

---

99) DO YOU LOOK AT YOUR LIFE AS AN OUTSIDER?

---

---

---

---

100) HOW OFTEN DO YOU VENTURE OUTSIDE YOUR COMFORT ZONE? HOW DOES THAT MAKE YOU FEEL?

---

---

---

---

101) ARE YOU SATISFIED WITH THE WAY YOUR LIFE IS PANNING OUT?

---

---

---

---

102) HAVE YOU EVER PAUSED A FACET OF YOUR LIFE? WHY?

---

---

---

---

103) DO YOU FEEL YOUNGER OR OLDER THAN YOUR REAL AGE? WHY?

---

---

---

---

104) DO YOU FALL APART UNDER PRESSURE?

---

---

---

---

105) WHAT MAKES LIFE WORTH LIVING?

---

---

---

---

106) ON A SCALE OF 1-10, HOW DO YOU RATE YOUR ABILITY TO PERSIST AND PERSEVERE? GIVE REASONS.

---

---

---

107) DO YOU THINK YOU ARE A QUITTER? WHY?

---

---

---

---

108) HOW EASY IS IT FOR YOU TO ADMIT YOUR MISTAKES? DO YOU THINK YOU SHOULD IMPROVE?

---

---

---

---

109) WHICH PART OF YOUR LIFE DO YOU THINK YOU NEED TO DEVOTE MORE TIME TO?

---

---

---

---

110) HOW GOOD ARE YOU AT TIME MANAGEMENT? HOW CAN YOU IMPROVE?

---

---

---

---

111) DO YOU THINK YOU HAVE DESTRUCTIVE TENDENCIES IN YOU?

---

---

---

---

112) WHAT IS THE ONE THING THAT CAN MAKE LIFE MORE DIFFICULT FOR YOU?

---

---

---

---

113) WHAT IS THE ONE CAUSE THAT YOU SUPPORT VOCIFEROUSLY? WHY?

---

---

---

---

114) DO YOU THINK YOU RESPOND WELL IN THE FACE OF A CRISIS? SHOULD YOU IMPROVE?

---

---

---

---

115) WHAT DO YOU CONSIDER YOUR MOST PRIZED POSSESSION? WHY?

---

---

---

---

116) DO YOU FEAR BEING ABANDONED? WHY IS THIS?

---

---

---

---

117) WHAT IS THE ONE THING YOU FIND DIFFICULT TO UNDERSTAND?

---

---

---

---

118) DO YOU THINK YOU NEED TO BE RICH TO BE HAPPY? EXPLAIN.

---

---

---

---