

10 Journaling Prompts to Kickstart Self-Discovery

These prompts are here to help you pause, reflect, and reconnect with yourself. Print them out, keep them handy, and let your words flow — no perfection required, just honesty.

What do I need most right now?

What makes me feel most alive?

If fear wasn't in the way, what would I try?

What are three things I'm grateful for today — and why?

What's something I need to let
go of?

When do I feel most at
peace?

What would my younger self
be proud of me for?

What drains me – and what
gives me energy?

What parts of myself do I
usually hide from the rest of
the world?

What does the best version
of me look like?
