



# Journal Prompts

- What is your most proud moment?
- If you could share anything with the world, what would your message be?
- What song makes you happy?
- What is producing stress in your life right now?
- How do you need to be gentler with yourself?
- Who is your biggest hero?
- What are five things that inspire you?
- How can you add more impact to those closest to you?
- I am most proud of \_\_\_\_\_
- What would your ideal vacation look like?
- One thing I did today to bring myself closer to my dream \_\_\_\_\_
- What is your best personality trait?
- How have you been stopping yourself from achieving your goals?
- What is inspiring you at the present moment?
- The most soothing sound to me is \_\_\_\_\_
- What is your dream career?
- What would you do if you had no fear of failing?
- What guidance would you give to your teenage self?
- What is one thing you accomplished that no one else thought you could?
- What relationships are holding you back right now?

