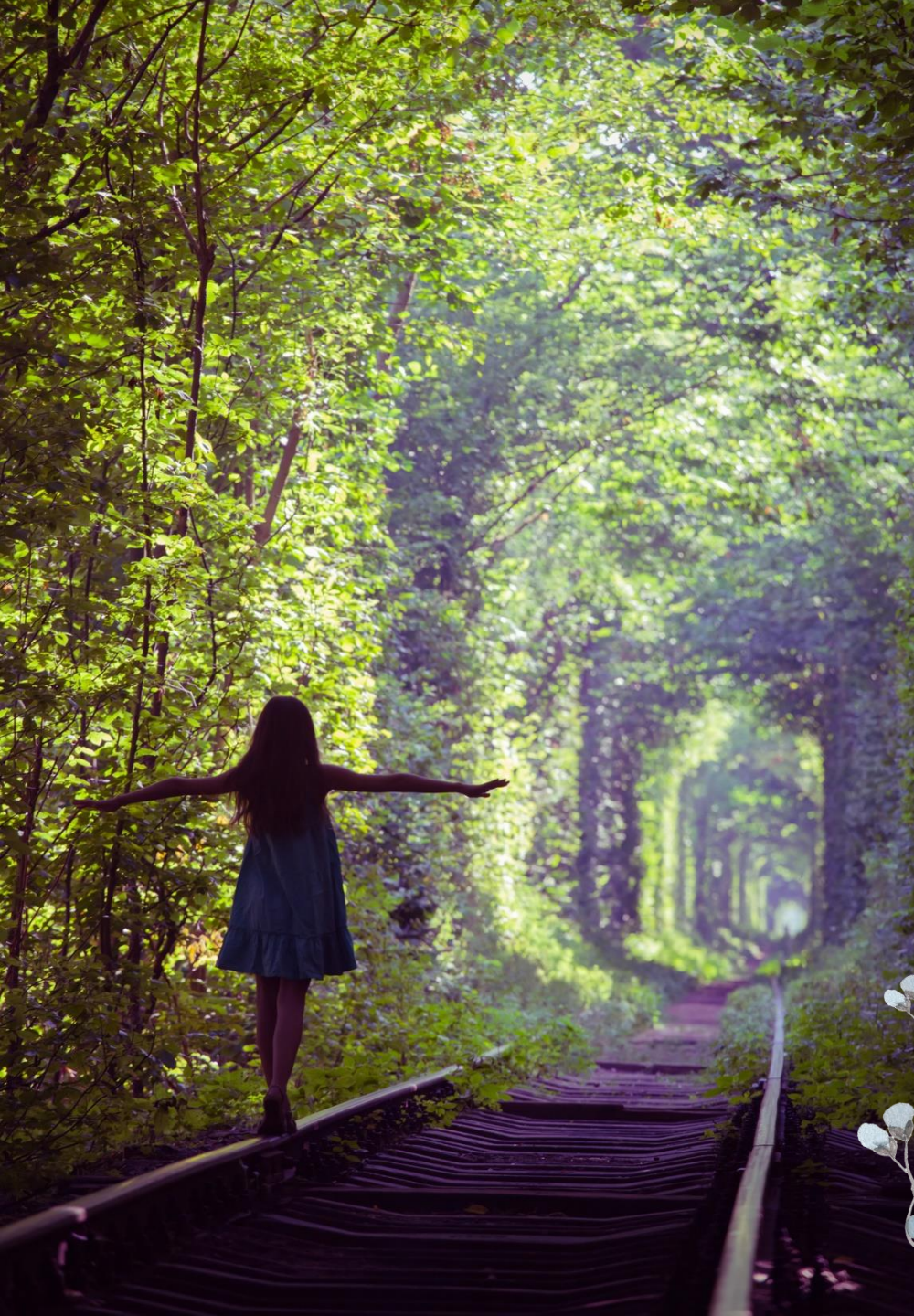


30 JOURNAL PROMPTS

For Introspection
& Personal Reflection





I am happiest when I...

A thought I keep having is...

*Something I want, but am
afraid to ask for is...*

Other people make me feel...

I wish other people would...





A fantasy I enjoy is...

People think I am...

Something I'm getting better at is...

*Something I can do now that I
couldn't do last year is...*

My greatest strength is...





I feel uncomfortable when...

I wish I had the courage to...

I wish I had told...

*I pretend to be... when I'm
really...*

I don't want to...





I am proud that I...

I want to be able to...

I'm really capable at...

I want to be strong enough to...

I have accomplished...





The best decision I ever made...

I still feel..... about....

I'll never forget...

I don't understand...

My life is..... because...





I feel good about myself when...

I'm really hopeful that...

I believe...

I really value...

I wish that...



I hope you've found these prompts useful!

However, they're only a start.

Once you've finished the prompt sentence, think about how you can expand on what you've written, and delve a little deeper.

Draw, or brainstorm about it, if that seems appropriate.

You can also collect objects or find little symbols that might be relevant to your thoughts to stick into your journal.

Have fun!

Linda. xox

