

## Journal Prompts For Self Growth

1. What are your best personality traits?

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2. What compliments do you want to hear most? Give them to yourself.

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3. What's one thing you've done lately that you're proud of?

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4. What are three small ways you can show yourself more compassion?

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5. What mistakes do you need to forgive yourself for?

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6. How can you make sure your cup is full before giving yourself to others?

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7. What do you need most right now? How can you meet that need?

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8. What things do you turn to when you're experiencing a difficult emotion? Are they healthy?

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9. What are three things you're grateful for most?

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10. What interests and hobbies do you want to pursue more?

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11. What drains your energy the most?

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12. What gives you energy the most?

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13. What's your biggest insecurity? What can you do to overcome it or reduce it?

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14. What goals do you have for yourself? Are these goals in line with your values and what you want most in life?

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15. What bad habits do you need to let go of? What good habits do you need to start?

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16. What are your biggest time wasters?

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17. What changes do you want to see in your life in five years?

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18. What gets you out of bed in the morning and motivates you most?

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19. What boundaries do you need to set with others to prioritize your well-being?

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20. What is one valuable lesson you've learned this past year? How did you learn it?

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21. In general, do you see yourself as a happy person? Why or why not?

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22. Which areas of your life are the most stressful right now? What can you do to reduce that stress?

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23. What's your favorite way to relax?

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