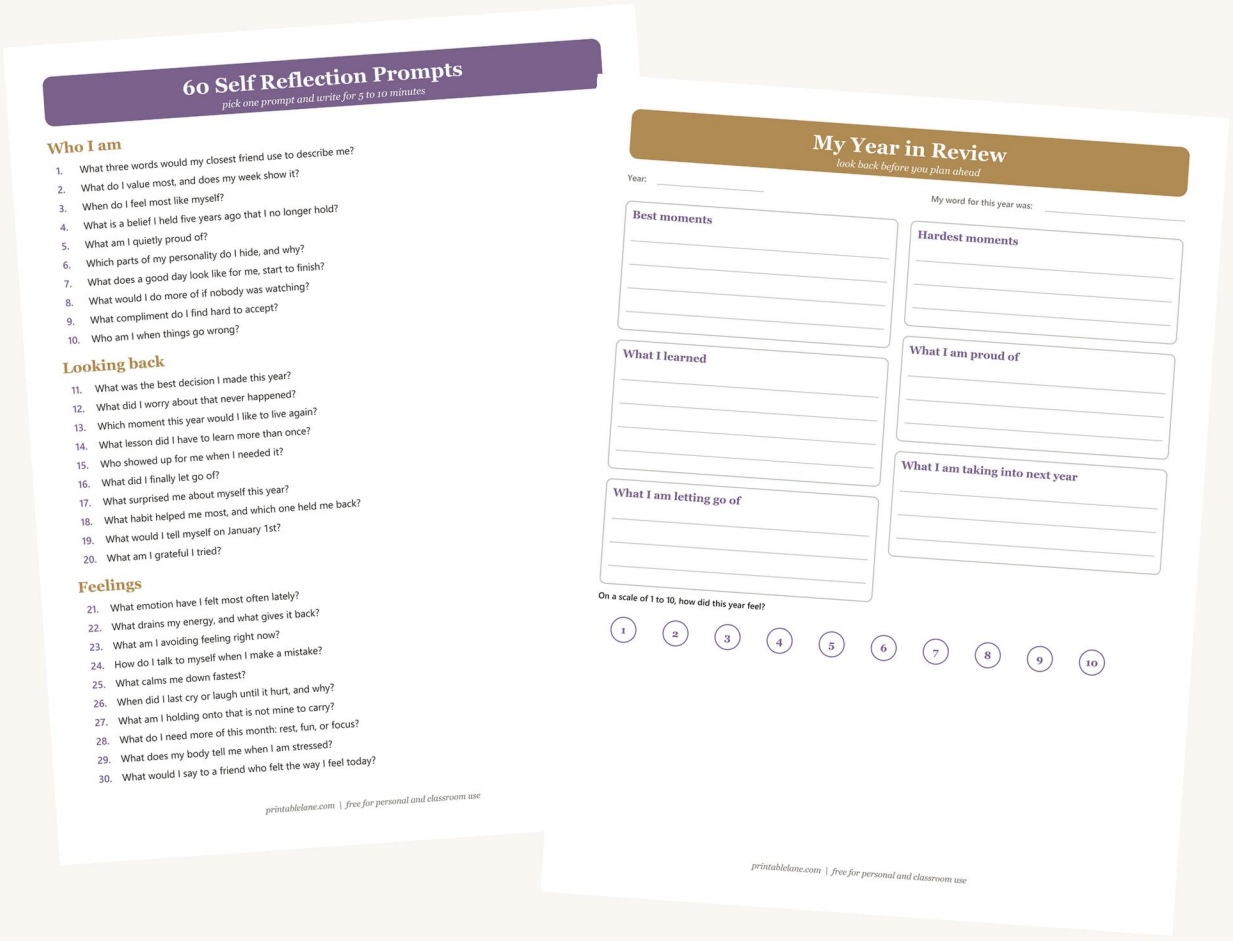
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Self Reflection Journal Prompts

60 prompts, cards and reflection pages



60 Self Reflection Prompts

pick one prompt and write for 5 to 10 minutes

Who I am

1. What three words would my closest friend use to describe me?
2. What do I value most, and does my week show it?
3. When do I feel most like myself?
4. What is a belief I held five years ago that I no longer hold?
5. What am I quietly proud of?
6. Which parts of my personality do I hide, and why?
7. What does a good day look like for me, start to finish?
8. What would I do more of if nobody was watching?
9. What compliment do I find hard to accept?
10. Who am I when things go wrong?

Looking back

11. What was the best decision I made this year?
12. What did I worry about that never happened?
13. Which moment this year would I like to live again?
14. What lesson did I have to learn more than once?
15. Who showed up for me when I needed it?
16. What did I finally let go of?
17. What surprised me about myself this year?
18. What habit helped me most, and which one held me back?
19. What would I tell myself on January 1st?
20. What am I grateful I tried?

Feelings

21. What emotion have I felt most often lately?
22. What drains my energy, and what gives it back?
23. What am I avoiding feeling right now?
24. How do I talk to myself when I make a mistake?
25. What calms me down fastest?
26. When did I last cry or laugh until it hurt, and why?
27. What am I holding onto that is not mine to carry?
28. What do I need more of this month: rest, fun, or focus?
29. What does my body tell me when I am stressed?
30. What would I say to a friend who felt the way I feel today?

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My Year in Review

look back before you plan ahead

Year: _____ My word for this year was: _____

Best moments

Hardest moments

What I learned

What I am proud of

What I am letting go of

What I am taking into next year

On a scale of 1 to 10, how did this year feel?

1 2 3 4 5 6 7 8 9 10

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60 Self Reflection Prompts

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Relationships

31. Who do I feel completely relaxed with?
32. Which relationship needs more of my attention?
33. Where do I say yes when I mean no?
34. What kind of friend am I, honestly?
35. Who would I like to thank, and for what?
36. What boundary would make my life easier?
37. Whose opinion matters too much to me?
38. How do I show love, and how do I like to receive it?
39. Is there someone I need to forgive, including myself?
40. Who inspires me, and what exactly do I admire?

Growth

41. What is one skill I want to learn next year?
42. What fear is keeping me small?
43. What does success mean to me, in my own words?
44. Where am I comparing myself to others?
45. What would I attempt if I knew I could not fail?
46. What small step can I take this week?
47. What feedback have I ignored that might be true?
48. What would make next year feel like a good year?
49. Which excuse do I use most often?
50. How will I celebrate my progress, not just my results?

Everyday life

51. What part of my routine do I enjoy most?
52. What could I remove from my week to free up time?
53. Where do I spend money that does not make me happier?
54. What does my home say about me right now?
55. What simple thing made me smile today?
56. What is my phone time doing for me?
57. When did I last do something for the first time?
58. What do I want my mornings to feel like?
59. What is one thing I can do today that my future self will thank me for?
60. What is enough for me right now?

Reflection Prompt Cards

cut out and keep in your journal, or pull one card a day

~ reflect ~

What three words would my closest friend use to describe me?

~ reflect ~

When do I feel most like myself?

~ reflect ~

What was the best decision I made this year?

~ reflect ~

What did I worry about that never happened?

~ reflect ~

What drains my energy, and what gives it back?

~ reflect ~

How do I talk to myself when I make a mistake?

~ reflect ~

Where do I say yes when I mean no?

~ reflect ~

What boundary would make my life easier?

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Monthly Check-In

month _____

What went well this month?

What did not go the way I hoped?

How did I take care of myself?

What am I grateful for?

One thing to change next month:

One thing to keep doing:

Energy ○ ○ ○ ○ ○

Mood ○ ○ ○ ○ ○

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Weekly Reflection

week of _____

Highlight of the week

Something that challenged me

What I learned about myself

Three things I am grateful for

Next week, I want to feel...

A note to myself

Date: _____

Today's prompt: