

# *Discover Yourself*

29 DAYS OF JOURNAL PROMPTS

# DAY 01

List five early memories.  
What do you notice?



## DAY 02

What are six words that describe you?  
Define each of them in your own way.



## DAY 03

Name three things that bring you great joy.  
Explore why.



## DAY 04

Name three things that set you off in anger.  
Explore why.



## DAY 05

Describe your biggest success in life (so far).  
What specifically about this success makes  
it important or notable to you?



## DAY 06

Imagine you are a tree.  
What do you look like?  
Where are you planted?

# DAY 07

Draw a picture of your inner life  
of thoughts, feelings, sensations.





## DAY 08

What identities of yours have most shaped who you are today?  
Explore why.



## DAY 09

What identities of yours do you not think about much?  
Explore why.



## DAY 10

Imagine having a conversation with your future self (10 years older).

What do you want to ask?

Make a list of your questions.

What do you notice?

# DAY 11

List ten things you know to be true.



# DAY 12

How do you relate to uncertainty,  
mystery, the unknown?

# DAY 13

Draw a picture of your inner critic.  
What's their name?

# DAY 14

Draw a picture of your inner cheerleader.  
What's their name?



# DAY 15

What are your greatest gifts?  
Where and when do you shine?





## DAY 16

If you could wave a magic wand to change one of your patterns or characteristics, what would you change?



# DAY 17

Name three ways in which you are a healer.

# DAY 18

Name three ways in which you need healing.



# DAY 19

When were you your best self  
in the last 24-hours?  
Explore how.

# DAY 20

What could you have improved or done differently in the last 24-hours?  
Explore how.



# DAY 21

List ten things about yourself that you are grateful for.



## DAY 22

Write down three core beliefs that guide you in your actions and presence on a daily basis.



## DAY 23

What is your understanding of what it means to be human?





# DAY 24

What do you have in common  
with all of humanity?



## DAY 25

Close your eyes, ask yourself: “Who am I if there is nothing wrong with me?” “Who am I if there is not a problem to solve?” Feel your response from the inside out. Write down the sensations you have.

## DAY 26

List three assumptions or beliefs that limit you or hold you back. Close your eyes, ask yourself: “Who am I if I don’t believe... [insert assumption]?” Feel your response from the inside out. Write down the sensations you have.



## DAY 27

List two recent memories that challenged your understanding of who you are.  
What do you notice?

# DAY 28

Draw an abstract picture that captures who you are.



## DAY 29

Write six words in a sentence or poem that capture who you have discovered yourself to be in these 29 days.