Discover Yourself

29 DAYS OF JOURNAL PROMPTS

List five early memories. What do you notice?

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

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

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

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

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

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

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

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

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?



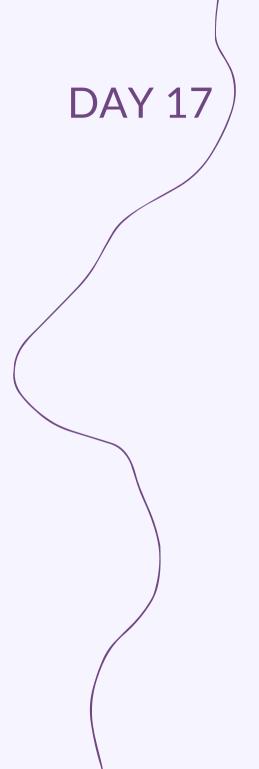
How do you relate to uncertainty, mystery, the unknown?

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

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

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

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



Name three ways in which you are a healer.

Name three ways in which you need healing.

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

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

List ten things about yourself that you are grateful for.

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

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

What do you have in common with all of humanity?

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.

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.

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

Draw an abstract picture that captures who you are.

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