

# **JOURNALING PROMPTS**





Describe your dream job

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Describe a happy memory

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List three things you do well

- 1
- 2
- 3

One new thing you want to try

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List ten things which make you smile

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Write about a challenge you've overcome

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One way you would like to grow over the next year

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What are you grateful for?

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What is holding you back?

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Who do you admire and why?

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What are favourite quotes to live by?

Quote 1

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Quote 2

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Quote 3

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What have you done to be proud of?

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What would you like to do more of and what would you prefer to do less of?

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What is causing you stress right now?

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What can you do to relieve this stress?

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What are your goals for this year/month?

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What are your priorities/values in life?

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How would you like to be remembered?

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What is going well in your life right now?

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How have you grown in in the past two years?

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How have you grown in in the past two years?

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What advice would you give to your younger self?

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What would you do if you knew you could not fail?

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Which small things in life make you happy?

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Write about something you're looking forward to

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One thing you love about yourself/your life

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