## journal prompts for self-discovery

CREATE A LIFE YOU LOVE

INSTRUCTIONS	
1. SIT IN A QUIET SPACE TO FOCUS	
2. THERE IS NO "RIGHT" OR "WRONG" WAY TO ANSWER	
3. GIVE YOURSELF 5-10 MINUTES TO ANSWER	
WHAT IS SOMETHING THAT I FIND INSPIRING?	

WHAT MAKES ME HAPPY?
WHAT ARE MY BIGGEST FEARS IN LIFE? WHY AM I SO AFRAID OF THEM?

WHAT ARE 3 THINGS THAT I'M REALLY GOOD AT?
WHAT ARE 3 THINGS I'VE ACCOMPLISHED IN LIFE THAT I'M PROUD OF?

WHAT ARE SOME WORDS I WOULD USE TO DESCRIBE MYSELF?
WHAT ARE SOME WORDS I WOULD LIKE TO BE DEFINED AS?
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WHAT MATTERS TO ME THE MOST IN MY LIFE?
WHAT OBSTACLES HOLD ME BACK FROM FEELING HAPPY?
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