



Self-discovery journaling prompts

1. When do you find yourself in a "flow" state, completely absorbed by what you are doing?
2. What makes you feel energised?
3. What gives you the feeling of purpose?
4. How do you define change? How can you benefit from unexpected or out of your control change?
5. What standards and expectations do you put on yourself? Are they truly yours?
6. What do you regret not doing?
7. If you could have anything you want or need what would that be? How would that make you feel?
8. Where is your safe place? How do you achieve state of calm?
9. What do you value the most in your life?
10. What fears do you want to shed?