



Self Reflective Prompts

This Book Belongs To






Self Reflective Journal Prompts

1. Do you feel good about the way you showed yourself to others today?
2. How do you think you behaved with people this week?
3. What is making your life feel meaningful right now?
4. Which words best describe your personality?
5. How does spending too much time alone affect you?
6. Do you feel happier when you are around other people?
7. What do you think your role or purpose in life is?
8. How would you like people to remember or describe you?
9. What challenges are you dealing with right now, and what steps can you take to improve them?
10. What gives you a reason to feel motivated each morning?
11. What would your younger self think about the person you are today?
12. What experiences changed your life in a big way?
13. If you could spend one whole year doing anything you wanted, how would you use that time?
14. What kind of activities or environment make you feel most like yourself?
15. Is your life turning out the way you once imagined? Why or why not?







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1. What kind of person would you like people to remember you as?
 2. Who do you admire the most, and what do you like about their personality?
 3. What things make you feel confident, and what things lower your confidence?
 4. Who is always there for you no matter what happens?
 5. What type of people are you naturally attracted to? Do those qualities help or hurt you?
 6. When do you feel most comfortable being your true self?
 7. What activity makes you so happy that you forget about time?
 8. If you had to speak about one topic for hours, what would it be?
 9. At what moments do you feel the happiest and most energetic?
 10. Are there any personality traits you wish you could change about yourself?
 11. What qualities matter the most to you in close relationships or friendships?
 12. Do you behave differently in different relationships? How?
 13. What motivates you deep inside, even if you do not always show it to others?
 14. What habits or behaviors from your parents or guardians do you notice in yourself today?
 15. How would you describe yourself to someone meeting you for the first time?
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1. What does your room or personal space say about your personality? Is there anything you would like to improve?
 2. How much do other people's opinions affect your daily choices or feelings?
 3. What do you spend most of your days doing?
 4. How often do other people influence the choices you make?
 5. What is one dream or goal you once gave up on because it felt impossible?
 6. What is one thing you could improve to build better connections with others?
 7. What topics do you enjoy learning about, and what helps you learn easily?
 8. What is something you continue to do even when others disagree with it?
 9. When you picture your future or goals, how important or confident do you see yourself?
 10. What actions from others make you feel cared for? How do you support yourself during difficult times?
 11. What talents or skills make you proud of yourself? What new skills would you like to develop?
 12. What do people praise you for the most? How do compliments make you feel?
 13. What is something you would still enjoy doing even if you were not paid for it?
 14. What helps you feel calm and relaxed? How can you bring more of that into your life?
 15. How did you handle your day today, and what would you like to do differently tomorrow?
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1. What can you do to create deeper and more meaningful relationships?
2. How do you usually feel about time — rushed, relaxed, organized, or something else?
3. What things help you feel mentally calm and stress-free?
4. What helps you feel comforted and safe during difficult emotional moments?
5. How comfortable are you sharing your feelings with people close to you?
6. When you think about your childhood, what memory or picture comes to mind first?
7. How do you usually behave or express yourself around your family?
8. In which areas of life do you feel disconnected from yourself?
9. How much time do you spend enjoying nature compared to using technology?
10. How do you view yourself, and how do you think other people see you?
11. What values or qualities would you like to pass on to future children?
Do you see yourself becoming a parent someday?
12. What parts of your identity feel most important to who you are?
13. What feelings come up when you think about life and death?
14. Do you feel like you are truly enjoying life, or simply going through it?
What would you like to improve?
15. In what ways have you changed as a person over the years?







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1. How can you pay more attention to your own feelings, wants, and needs?
2. What activities or moments help you feel refreshed and emotionally recharged?
3. Would you describe yourself as more introverted, extroverted, or a mix of both?
4. Is dealing with conflict difficult for you? Why do you think you react that way?
5. What are the things or moments that bring you real happiness?
6. Who is the person you trust or depend on the most in life?
7. What does taking care of yourself look like for you personally?
8. What helps you stay strong during your hardest days?
9. Are there any painful memories you still carry? What could help you heal from them?
10. How have your family, culture, or past generations influenced the person you are today?
11. What habits, values, or personality traits have you picked up from other people?
12. Do you give yourself enough care and kindness when you are emotionally hurt?
13. Are you someone who likes to plan and lead, or do you prefer to go with whatever happens?
14. How does a change in your daily routine affect your emotions or energy?
15. How comfortable are you with stepping out of your comfort zone and trying something new?



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1. Do you usually focus more on the positive side of things or the negative side?
 2. What thoughts or emotions come to your mind when you think about food?
 3. What do you think and feel when you look at yourself in the mirror?
 4. What is the first thing you usually notice about a person?
 5. How are you feeling right now, and what caused those emotions?
 6. Do you think feeling peaceful inside is different from acting calm on the outside? Why?
 7. During conversations, what do you usually focus your attention on?
 8. What has been worrying or stressing you lately, and how is it affecting your daily life?
 9. What helps you calm down when your emotions feel overwhelming?
 10. How has your bond with your siblings changed over the years?
 11. Have you ever experienced something that deeply hurt or affected you? How has it stayed with you?
 12. Are you treating yourself with kindness in the way you think, speak, and act?
 13. What advice or comfort would you give to the version of yourself from yesterday?
 14. Are you proud of the choices you made and the person you were this week?
 15. Have you ever felt alone even while being surrounded by people?
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1. Do certain objects remind you of special memories or emotions?
2. How much time do you spend online or on social media, and how else could you use that time?
3. What do you usually do when spending time with friends, and does it bring you joy?
4. What places have you visited, and are there more places you dream of exploring?
5. How have your travel experiences changed or influenced your life?
6. What kind of future are you hoping for, and what steps can help you reach it?
7. Which people do you imagine staying in your life for a long time, and which ones do you not?
8. How would you describe the person you are today compared to the person you want to become?
9. What is one belief about yourself that has changed over time?
10. When do you feel most emotionally balanced and calm?
11. What boundaries would improve your mental and emotional well-being?
12. What is something you need to forgive yourself for?
13. Which part of your daily routine feels the most draining to you?
14. What kind of environment helps you feel creative and inspired?
15. If your future self could give you advice today, what do you think they would say?

Daily Journal



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