

30 Self Reflection Journal Prompts for Personal Growth



- #1. What was your favorite thing about today? Why?
- #2. Today, what are the top three things you are most grateful for? Why?
- #3. What do you value most about today?
- #4. How did you stay true to yourself today?
- #5. Do you have any regrets from today?
- #6. Who made your day better today? How so?
- #7. Currently, who are the people that mean the most to you? Why?
- #8. How much quality time did you spend with your favorite people today? What did you do with them?
- #9. Tomorrow, how can you be intentional about moving through your day?
- #10. Currently, what are your three biggest goals?
- #11. What did you do today to be one step closer to achieving an important goal?
- #12. Did you go out of your way to do something nice for someone today? What?
- #13. What is currently causing you stress or anxiety and needs to be removed from your to-do list? How can you make this happen?
- #14. Are you living in a way that reflects the person you want to be? Why or why not?
- #15. Are you living in a way that will help you become the person you want to be? Why or why not?



- #16. Tomorrow, how can you adjust your behavior and perspective to be more aligned with the person you want to be?
- #17. How can you make tomorrow better than today?
- #18. Do you feel in control today? Why or why not? How can you change this, if necessary?
- #19. What's a choice you can make for yourself today just to meet a neglected need?
- #20. What was the most pleasant part of your day? Why?
- #21. How is your temperament and mood today? Is it aligned with the person you want to be?
- #22. How are you sleeping at night? Do you need to change your sleep patterns to get better rest?
- #23. How would you describe today? Is it a day that will bring you joy? Why or why not?
- #24. How is your attitude today? Is it aligned with the person you want to be?
- #25. Did anyone go out of their way to do something nice for you today? How does that make you feel?
- #26. Can you list three things that made you smile today?
- #27. When was the last time you stopped and took a break to just BREATHE?
- #28. Do you feel things are going right in your life at the moment? Why or why not?
- #29. What childhood memory would you want to write about today and why?
- #30. How do you feel reflection journals help with your self care practices?

