

Self-Awareness Journal Prompts

**Choose a prompt to write
or draw about.**



1. Am I waking up in the morning feeling refreshed and ready for today's challenges?
2. What am I thinking about before I go to sleep? If it is negative, how can I make it more positive?
3. How am I taking care of myself? (Physically, mentally and emotionally)
4. What are the things in my life that I cannot control? Find a way to let these go, for example, visualize them floating away.
5. What matters most in my life?
6. Why am I important?
7. Who supports me in my life?
8. What have I done lately that I am proud of?
9. What is a goal that I want to work on? What are the steps to get there?
10. What are some things that make me smile?
11. I feel my best when I....?
12. I wish other people knew this about me.....