

# 20 *Journalling prompts*

TO HELP YOU KNOW AND ACCEPT YOURSELF

1. What is the nicest thing someone has ever done for you or said to you? Why did this mean so much?

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2. If you could go back in time, what would you say to yourself at age 5 or 15 or 25?

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3. What's the best purchase you ever made? Why?

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4. If you could change just one thing about yourself, what would it be? How do you think your life would be better? Have you ever tried to change it?

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5. What do you want people to remember about you?

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6. What keeps you up at night? \_\_\_\_\_

7. Describe the best birthday you ever had. \_\_\_\_\_

8. A mission statement is a concise way of explaining an organization's purpose and goals. Write a mission statement for yourself.

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9. When I was a child, I liked to \_\_\_\_\_

10. I'm afraid people won't like/love/accept/want me if they knew \_\_\_\_\_ about me.

11. If I really loved myself I would \_\_\_\_\_

12. Where do you feel safe and loved? \_\_\_\_\_

13. What do you wish your parents did differently when raising you? \_\_\_\_\_

14. What's your biggest regret? What have you done to make amends and/or forgive yourself?

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15. If a genie magically appeared, what would you wish for? \_\_\_\_\_

16. When I'm an old woman/man, I hope \_\_\_\_\_

17. I think I'm really good at \_\_\_\_\_ and I know this because \_\_\_\_\_

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18. If you could be anywhere right now, where would you be? \_\_\_\_\_

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19. What are you proud of? What do you see as your biggest accomplishment?

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20. What would you do if you weren't afraid?

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