

21-DAY JOURNEY TO SELF-DISCOVERY



"Knowing yourself is the beginning of all wisdom." ~ Aristotle

"When I discover who I am, I'll be free." ~ Ralph Ellison

"At the center of your being, you have the answer; you know who you are, and you know what you want." ~ Lao Tzu

"And you? When will you begin that long journey into yourself?" ~ Rumi

21 DAYS TO SELF-DISCOVERY JOURNAL PROMPTS



Use the following journal prompts, one prompt for each day, to set off on a 21-day journey to deepen your relationship with yourself.

1. What qualities do you most admire in yourself?
2. What would you do if you knew you could not fail?
3. Where do you go when you need peace and quiet? (real or imagined; physical or emotional)
4. Who/What makes you laugh from the pit of your belly?
5. What is a consistent daydream?
6. What is the perfect day for you?
7. What's usually on your shopping list, but you never buy for yourself?
8. What is the first thing you think about when you awake in the morning?
9. What are three things you must do before you die?
10. What are two transition points in your life that taught you the most?
11. What cause will you fight for until the end of your days?
12. What contributions have you made to improve the world, small or great?
13. What genre magazines, movies, or books do you find yourself consuming most?
14. What in nature takes your breath away?
15. What is your favorite song of all time?
16. What is your favorite quote of all time?
17. What features do you tend to notice first in a person?
18. What are your top 5 values you consider non-negotiables?
19. What inspires you to get up every morning?
20. What are 3 of your favorite words or phrases that move you every time you speak/hear them?
21. What do you do to reenergize your soul when you're tired or feeling low?