



# 118 JOURNAL PROMPTS

*About yourself*

# *Journal prompts about yourself*

1) WHAT ARE YOU ADMIRING AND COMPLIMENTED FOR THE MOST?

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2) HOW DO YOU THINK YOU CAN MAKE YOUR LIFE MORE ENJOYABLE?

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3) WHAT DOES SUCCESS MEAN TO YOU?

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4) WHAT IS THE BEST ADVICE YOU HAVE EVER RECEIVED?

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5) WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF?

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6) WHAT DO YOU THINK YOU ARE MISSING RIGHT AT THIS MOMENT?

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7) WHAT DO YOU LOVE THE MOST ABOUT YOURSELF?

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8) DEFINE YOUR BOUNDARIES.

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9) WHAT DO YOU LOOK FOR WHEN YOU ARE STRUGGLING?

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10) WHAT ARE THE OUTWARD SIGNS YOU DISPLAY WHEN FEELING OVERWHELMED?

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11) WHEN DO YOU FEEL THE MOST CREATIVE?

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12) WHAT DO YOU DO WHEN YOU FEEL UNAPPRECIATED?

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13) WHEN DO YOU FEEL THE MOST PRODUCTIVE?

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14) WHEN DO YOU FEEL THE MOST PRODUCTIVE?

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15) WHAT MAKES YOU FEEL THE MOST AT HOME?

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16) WHAT IS YOUR WORST HABIT?

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17) WHAT IS YOUR BEST ATTRIBUTE?

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18) WHAT IS YOUR FONDEST MEMORY?

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19) WHAT IS YOUR WORST MEMORY?

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20) WHAT IS THE ONE THING YOU CANNOT LIVE WITHOUT?

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21) HOW WOULD YOU DESCRIBE YOURSELF?

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22) WHAT IS THE BIGGEST LESSON THAT YOU LEARNED FROM LIFE?

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23) WHO IS THE PERSON YOU LOOK UP TO THE MOST?

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24) WHAT MAKES YOU FEEL THE MOST AT PEACE?

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25) WHAT DO YOU WANT TO BE SEEN OR RECOGNIZED AS?

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26) WHAT IS THE ONE THING YOU NEED TO LET GO OF?

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27) A SONG THAT DEFINES THE REAL YOU. WHY?

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28) DO YOU THINK YOU CAN SPEND THE ENTIRE DAY IN YOUR OWN COMPANY WITHOUT FEELING BORED?

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29) WHEN FACED WITH A TASK YOU ARE UNSURE ABOUT, WOULD YOU ASK FOR HELP? WHY?

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30) HOW DO YOU APPROACH CHALLENGES IN LIFE?

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31) DO YOU TRY SOMETHING NEW TO IMPRESS OTHERS?

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32) WHEN THE WORKLOAD IS OVERWHELMING, WOULD YOU PUT IN EXTRA EFFORT OR ASK FOR HELP?

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33) WHICH ONE WOULD YOU CHOOSE – A WELL-PAYING JOB YOU HATE OR A LOW-PAYING ONE YOU LOVE?

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34) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?

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35) IF ALLOWED TO CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE? WHY?

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36) HOW DO YOU APPROACH CHALLENGES IN LIFE?

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37) DO YOU TRY SOMETHING NEW TO IMPRESS OTHERS?

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38) WHEN THE WORKLOAD IS OVERWHELMING, WOULD YOU PUT IN EXTRA EFFORT OR ASK FOR HELP?

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39) WHICH ONE WOULD YOU CHOOSE – A WELL-PAYING JOB YOU HATE OR A LOW-PAYING ONE YOU LOVE?

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40) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?

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41) IF ALLOWED TO CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE? WHY?

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42) HOW CAN YOU MAKE YOURSELF FEEL SAFER?

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43) DO YOU HAVE A SAFE PLACE? WHY DO YOU NEED ONE?

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44) HOW DO YOU DEAL WITH YOUR WORRIES?

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45) WHAT IS YOUR BIGGEST ACHIEVEMENT?

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46) HAS ANYTHING CHANGED YOUR OUTLOOK ON LIFE?

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47) WHAT MAKES YOU JUMP WITH EXCITEMENT?

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48) DO YOU THINK YOU ARE GOOD AT MAKING DECISIONS? HOW CAN YOU IMPROVE?

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49) DO YOU CONSIDER YOURSELF AN ORGANIZED PERSON?

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50) WHAT DO YOU CONSIDER THE MOST IMPORTANT THING IN LIFE?

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51) DO YOU THINK YOU ARE FOCUSED? HOW CAN YOU IMPROVE?

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52) WHAT IS THE PROUDEST MOMENT IN YOUR LIFE?

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53) LIST SOME PERSONAL DETAILS ABOUT YOU FEW PEOPLE ARE AWARE OF.

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54) WHAT CAN YOU DO TO CHANGE THE WORLD?

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55) SOMETHING NEW THAT YOU DISCOVERED ABOUT YOURSELF.

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56) WHAT IS THE PART OF THE DAY YOU ARE HAPPIEST? WHY?

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57) ONE THING IN YOUR LIFE YOU DON'T WANT TO GIVE UP. WHY?

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58) DO YOU THINK RULES AND LAWS SHOULD BE FOLLOWED?

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59) DO YOU THINK BREAKING RULES IS OKAY IF THE SITUATION DEMANDS IT?

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60) WHAT IS THE FIRST THING IN LIFE YOU ARE WILLING TO GIVE UP?

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61) HOW DO YOU FEEL WHEN YOU ARE NOT SUCCESSFUL?

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62) HOW DO YOU FEEL WHEN YOU DON'T GET WHAT YOU WANT?

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63) ON A SCALE OF 1-10, HOW MUCH SELF-CONTROL DO YOU HAVE? HOW CAN YOU IMPROVE?

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64) HOW DO YOU FEEL WHEN FACED WITH REJECTION?

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65) WHICH ANIMAL REPRESENTS YOU THE BEST? WHY?

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66) HOW TRUTHFUL ARE YOU IN DAILY LIFE? DO YOU THINK YOU CAN DO BETTER?

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67) ARE YOU A FORGIVING PERSON? IS THERE ANY SCOPE FOR IMPROVEMENT?

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68) HOW EASILY DO YOU FORGIVE YOURSELF?

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69) ARE YOU A LEADER OR A FOLLOWER? ARE YOU HAPPY WITH YOUR PRESENT MINDSET?

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70) WHAT IS YOUR STRATEGY TO MANAGE FEAR?

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71) HOW OFTEN DO YOU BRING OUT YOUR CREATIVE SIDE? DO YOU HAVE TROUBLE WITH THIS?

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72) DOES ASKING FOR HELP COME NATURALLY TO YOU? DO YOU THINK YOU NEED TO WORK ON THIS?

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73) DO YOU DRESS UP TO IMPRESS OTHERS OR FOR YOURSELF?

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74) WHAT ARE YOU THE MOST PASSIONATE ABOUT?

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75) HOW CONFIDENT ARE YOU ABOUT YOUR CAPABILITIES?

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76) DO YOU NEED TO PLAN EVERYTHING DOWN TO THE LAST DETAIL?

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77) DO YOU LOVE YOURSELF, WARTS AND ALL?

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78) WHAT OR WHO MAKES YOU FEEL UNCOMFORTABLE?

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79) DO YOU FOLLOW ANY ROUTINES OR RITUALS FOR COMFORT?

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80) DO YOU THINK OF YOURSELF AS A PATIENT PERSON?

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81) DO YOU APOLOGIZE OFTEN? DO YOU THINK THIS IS NECESSARY?

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82) HOW IMPORTANT IS WORK IN YOUR LIFE?

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83) ARE YOU IN THE HABIT OF DAYDREAMING? WHAT ABOUT AND WHY?

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84) WHAT DO YOU CONSIDER YOUR DRASTIC FAILURE?

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85) WHAT WAS THE MOST IMPORTANT DECISION YOU EVER MADE IN LIFE?

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86) DO YOU THINK YOU ARE UNIQUE? WHY?

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87) ARE YOU AWARE OF YOUR BELIEFS? DO YOU FOLLOW THEM?

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88) DO YOU CONSIDER YOURSELF AN EXTROVERT OR AN INTROVERT?

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89) WHAT WAS THE MOST DIFFICULT CHOICE YOU HAVE EVER MADE?

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90) DO YOU THINK YOUR LIFE IS TOO FAST-PACED OR TOO SLOW?

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91) HOW GOOD ARE YOU AT PROBLEM-SOLVING?

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92) DO YOU THINK YOU ARE KIND AND COMPASSIONATE WITH YOURSELF?

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93) DO YOU EMPATHIZE WITH OTHERS?

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94) HOW GOOD IS YOUR COMMUNICATION SKILL?

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95) WHAT ANNOYS OR BOTHERS YOU THE MOST?

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96) HOW WOULD YOU RATE YOUR WORK ETHIC? DO YOU THINK THERE IS SCOPE FOR IMPROVEMENT?

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97) WHAT IS THE MOST INSPIRATIONAL QUOTE YOU HAVE COME ACROSS? WHY?

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98) WHAT IS THAT ONE WORD THAT SUMS UP YOURSELF?

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99) DO YOU LOOK AT YOUR LIFE AS AN OUTSIDER?

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100) HOW OFTEN DO YOU VENTURE OUTSIDE YOUR COMFORT ZONE? HOW DOES THAT MAKE YOU FEEL?

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101) ARE YOU SATISFIED WITH THE WAY YOUR LIFE IS PANNING OUT?

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102) HAVE YOU EVER PAUSED A FACET OF YOUR LIFE? WHY?

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103) DO YOU FEEL YOUNGER OR OLDER THAN YOUR REAL AGE? WHY?

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104) DO YOU FALL APART UNDER PRESSURE?

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105) WHAT MAKES LIFE WORTH LIVING?

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106) ON A SCALE OF 1-10, HOW DO YOU RATE YOUR ABILITY TO PERSIST AND PERSEVERE? GIVE REASONS.

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107) DO YOU THINK YOU ARE A QUITTER? WHY?

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108) HOW EASY IS IT FOR YOU TO ADMIT YOUR MISTAKES? DO YOU THINK YOU SHOULD IMPROVE?

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109) WHICH PART OF YOUR LIFE DO YOU THINK YOU NEED TO DEVOTE MORE TIME TO?

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110) HOW GOOD ARE YOU AT TIME MANAGEMENT? HOW CAN YOU IMPROVE?

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111) DO YOU THINK YOU HAVE DESTRUCTIVE TENDENCIES IN YOU?

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112) WHAT IS THE ONE THING THAT CAN MAKE LIFE MORE DIFFICULT FOR YOU?

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113) WHAT IS THE ONE CAUSE THAT YOU SUPPORT VOCIFEROUSLY? WHY?

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114) DO YOU THINK YOU RESPOND WELL IN THE FACE OF A CRISIS? SHOULD YOU IMPROVE?

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115) WHAT DO YOU CONSIDER YOUR MOST PRIZED POSSESSION? WHY?

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116) DO YOU FEAR BEING ABANDONED? WHY IS THIS?

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117) WHAT IS THE ONE THING YOU FIND DIFFICULT TO UNDERSTAND?

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118) DO YOU THINK YOU NEED TO BE RICH TO BE HAPPY? EXPLAIN.

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