



Know Thyself:

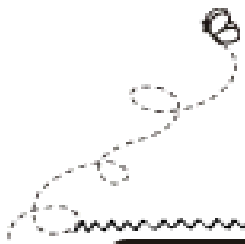
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JOURNAL



PROMPTS



THE EVERYDAYIST



1. Describe your best day ever — what were you doing, what were you wearing, and who were you with?
2. What's your biggest insecurity? And what might life look like if you let it go?
3. When was the last time you really paid attention to your thoughts and feelings?
4. Are you patient with yourself when it comes to achieving your goals?
5. What does your inner critic say to you?
6. When is that voice the loudest?
7. Write a letter to your critic. Tell it how wrong it is.
8. Describe yourself using 10 kind, loving words only.

9. Add one fun thing to your "must-do" list.
10. List three distractions keeping you from your goals. How can you reduce your exposure to them?
11. Write about the last time you took a risk and felt proud of yourself.
12. What beliefs are holding you back from going after your dream?
13. Write about something you feel too scared to say aloud.
14. What values motivate you? Where does your sense of purpose come from?
15. Write down ONE dream you've never shared with anyone.

16. What's one change you could make today to ease your stress?
17. How are you feeling — emotionally, physically, spiritually — right now?
18. List at least three things you're grateful for today.
19. Write down one good thing that happened today.
20. Create your ultimate bucket list (not necessarily a luxury trip — anything goes). What's one thing you could start now?
21. What's one problem that's keeping you up at night? Break it down, step by step.
22. Write about one habit you could start today to get closer to your dream life.

23. What have you suppressed to make others happy?
24. Who are you when no one's watching?
25. What activity brings you joy when you're alone?
26. If you could change one thing in your life, what would it be?
27. Are you living according to your own values, or someone else's expectations?
28. How did your darkest moment shape the person you are today?
29. If failure didn't exist, what would you do?
30. List your five best qualities.
31. What does happiness look like for you? Where are you? What are you doing?

32. How would your bestie(s) describe you?

33. Write a letter to your younger self. What advice would you give?