



# Self Discovery

A Journey Through Personal Reflection with Journal Prompts

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## About Me

- How would I describe myself to someone new?
- What makes me feel most like myself?
- When do I feel happiest and most at peace?

## Strengths & Identity

- What are my biggest strengths?
- What do others appreciate about me?
- What am I proud of myself for?

## Values & Beliefs

- What matters most to me in life?
- What beliefs guide my decisions?
- When do I feel most aligned with myself?

## Growth & Challenges

- What challenges have helped me grow?
- How do I usually respond to difficult situations?
- What is something I'm currently working on improving?

## Future Self

- Who do I want to become?
- What kind of life do I want to create?

- What small step can I take toward that today?

## Reflection

- What did I learn about myself from this?
  
- What surprised me?

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"I am allowed to grow, change, and rediscover who I am."