

# Journal Prompts

## FOR SELF-REFLECTION

PART  
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11. WHAT AM I REALLY GOOD AT?
12. WHAT DOUBTS DO I CURRENTLY HAVE? HOW CAN I EASE THEM?
13. WHAT THOUGHTS HAVE I BEEN REPEATING IN MY HEAD LATELY? ARE THEY TRUE?
14. HOW CAN I SUPPORT MYSELF MORE? HOW CAN I SUPPORT OTHERS TOO?
15. WHAT CAN I DO TO NUTURE MY MIND, BODY AND SOUL MORE?
16. WHAT DO I WANT TO ACCOMPLISH TODAY / TOMORROW? WHY?
17. WHAT ARE MY GREATEST STRENGTHS AND HOW WILL THEY SUPPORT ME IN ACHIEVING MY VISION?
18. WHAT IS SOMETHING I WOULD LOVE TO LEARN?
19. WHEN I'M TELLING MY GRANDKIDS ABOUT WHAT I DID IN MY LIFETIME, WHAT WOULD I BE TELLING THEM?
20. WHAT ARE 10 OR MORE THINGS I'M GRATEFUL FOR?