

# Journaling Prompts to Help You Get to Know Yourself Better

	S	M	T	W	T	F	S
L A S T D A Y	31 What you admire most in other people.	27  Ordinary & Happy	28 	29 	30 	1 Things you can talk about naturally.	2 What challenges you're naturally drawn to solving.
	3 Activities you enjoyed when you were younger.	4 What you'd do on a day off when you're fully rested.	5 Things you wish you could make more time for in the day.	6 The last time you did something that excited you.	7 Podcasts you listen to and why.	8 Videos you watch online and what they're about.	9 Activities that don't feel like 'work'.
	10 Something you did just for yourself.	11 Moments in life you'd love to relive and why.	12 The last time you felt proud.	13 Things that feel natural when you do them.	14 What you'd create if you weren't worried about perfection.	15 Where you'd go if you could go anywhere right now.	16 Things you've seen others do and thought you'd like to try.
	17 Topics you enjoy talking about.	18 What local meet-ups are in your area.	19 What sports you enjoy watching or playing.	20 What literary and cinematic genres you enjoy.	21 Online courses that intrigue you.	22 Whether you'd prefer being a podcast host or guest.	23 Your definition of making a difference.
	24 Things people have mentioned you're good at.	25 Activities where you've felt like you can express yourself.	26 Where you like to go when you leave the house.	27 What your ideal evening in would look like.	28 Whether you prefer friends coming to you or you going to them.	29 Identify happy times and what you were doing.	30 If you had to write a book what it would be about.