

20 *Journalling prompts*

TO HELP YOU KNOW AND ACCEPT YOURSELF

1. What is the nicest thing someone has ever done for you or said to you? Why did this mean so much?

2. If you could go back in time, what would you say to yourself at age 5 or 15 or 25?

3. What's the best purchase you ever made? Why?

4. If you could change just one thing about yourself, what would it be? How do you think your life would be better? Have you ever tried to change it?

5. What do you want people to remember about you?

6. What keeps you up at night? _____

7. Describe the best birthday you ever had. _____

8. A mission statement is a concise way of explaining an organization's purpose and goals. Write a mission statement for yourself.

9. When I was a child, I liked to _____

10. I'm afraid people won't like/love/accept/want me if they knew _____ about me.

11. If I really loved myself I would _____

12. Where do you feel safe and loved? _____

13. What do you wish your parents did differently when raising you? _____

14. What's your biggest regret? What have you done to make amends and/or forgive yourself?

15. If a genie magically appeared, what would you wish for? _____

16. When I'm an old woman/man, I hope _____

17. I think I'm really good at _____ and I know this because _____

18. If you could be anywhere right now, where would you be? _____

19. What are you proud of? What do you see as your biggest accomplishment?

20. What would you do if you weren't afraid?

