

# the inspired stories

## MAY JOURNALING PROMPTS

*for self-discovery*

1. Name and describe 3 emotions you are experiencing right now.
2. Did you learn anything new about yourself over the last month?
3. Are you currently struggling with anything? How can you overcome/solve it?
4. Do you seek other people's approval/validation?
5. Is there anything you need to forgive yourself for?
6. Are you using your time wisely?
7. What is your favourite season of the year? Why?
8. Does your daily routine support your dream life?
9. When do you feel most happy and comfortable in your skin?
10. What is your vision at the moment?
11. What makes you feel vulnerable?
12. What are some of your biggest strengths and weaknesses?
13. What do you need more of in your life?
14. What are you willing to struggle for?
15. Remember a few times when you felt really motivated and accomplished a lot. Were there some particular activities/rituals/thoughts/inspiration that led you to feel motivated?
16. What are some bad habits that you currently have? How can you replace them with good habits?
17. What are your 5 core values? What do they mean to you and how do you apply them in your life?
18. Ask your best friend to describe your personality. Listen carefully and then write it down from their perspective.
19. What is one thing you need to work on? Why is it important?
20. What is your definition of success?
21. If you could change one thing about the world, what would it be?
22. What area of your life makes you feel the best right now?
23. How do you want to be remembered in life?
24. What was the first thought when you opened your eyes in the morning? Are you happy with having those thoughts first thing in the morning?
25. Is there something that needs healing in your life right now?
26. What makes you angry, sad or frustrated? Why?
27. What's one significant positive change you can make this year?
28. Do you like who you are today?
29. What are some of your most cherished childhood memories?
30. What's something you tell yourself that's not true?
31. Where does your self-worth come from?

