

Journal Prompts

Here is a list of some journal prompts to explore more about yourself and values regarding different aspects in life & relationships.



Rediscovering your Relationship with Yourself

- When do you feel like your most child-like self? How do you feel in that moment?
- What can you thank yourself for this week?
- What are ways that you are not living by values? What can you do so that you can start?

Rediscovering your Relationship with Family

- Is it important for me to honor my parents? What does honoring them look like?
- What is a character trait that I share with a family member? How do I feel about it?
- What are some opinions that I share with members in my family? What are some that I don't share?

Rediscovering your Relationship with Friends

- Think of a friend that you hung out with recently. How did you feel around them?
- What are some common values that you share with your friend? What are some common interests?
- Is there anything you can do show up as a better friend to someone this week?