

LAURIE WANG

your personal growth **journal prompts**

BE NOT AFRAID OF GROWING SLOWLY; BE AFRAID ONLY
OF STANDING STILL.



@iamlauriewang 

Journaling can be a powerful tool for personal growth and self discovery.

I hope that these questions will help you get started to find new perspectives and become a better version of yourself.

Thank you for being part of this personal growth journey with me.

Looking forward to hearing about how you get on!

YOUTUBE

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personal growth JOURNAL PROMPTS

1. WHAT LIMITING BELIEFS DO I HAVE ABOUT MY SITUATION? HOW CAN I CHALLENGE THEM?
2. WHO DO I WANT TO BE IN 5 YEARS? BE AS DETAILED AS POSSIBLE.
3. WHAT PROGRESS HAVE I MADE IN THE PAST 5 YEARS, 5 MONTHS?
4. WHAT 1 ACTION I TAKE TODAY CAN MAKE ME 1% BETTER THAN YESTERDAY?
5. WHAT DO I NEED TO LET GO OF AND WHY?
6. MAKE A LIST OF AREAS I WANT TO IMPROVE IN MY LIFE.
7. WRITE ABOUT A TIME WHEN I FELT COMPLETELY IN FLOW. WHAT WAS I DOING, AND HOW CAN I INVITE MORE OF THIS INTO MY LIFE?
8. REFLECT ON A MISTAKE OR FAILURE I EXPERIENCED RECENTLY. WHAT DID I LEARN FROM IT?
9. WHAT ACTIVITIES OR HOBBIES MAKE ME FEEL MOST ALIVE AND FULFILLED? HOW CAN I DO THEM MORE OFTEN?
10. DESCRIBE A RECURRING THOUGHT OR WORRY THAT HAS BEEN ON MY MIND. WHAT STEPS CAN I TAKE TO ADDRESS OR RELEASE IT?

personal growth JOURNAL PROMPTS

11. ARE THERE ANY HABITS THAT NO LONGER SERVE ME? WHAT NEW HABITS CAN I CULTIVATE TO SUPPORT MY GROWTH?
12. DESCRIBE A DREAM OR ASPIRATION THAT I'VE BEEN HESITANT TO PURSUE. WHAT SMALL STEP CAN I TAKE TODAY TO MOVE CLOSER TO THIS DREAM?
13. REFLECT ON A PAST MISTAKE OR REGRET. HOW CAN I PRACTICE SELF-COMPASSION AND FORGIVE MYSELF FOR THIS?
14. WHAT 1 ACTION I TAKE TODAY CAN MAKE ME 1% BETTER THAN YESTERDAY?
15. HOW CAN I FEEL MORE FULFILLED EVERY DAY?
16. WHAT ADVICE WOULD I GIVE TO MY YOUNGER SELF?
17. WHAT ARE 3 THINGS I LOVE ABOUT MYSELF?
18. WHAT AM I GRATEFUL FOR RIGHT NOW? LIST AS MANY AS POSSIBLE.
19. LIST THREE THINGS I CAN DO TO PRIORITIZE MY PHYSICAL HEALTH AND WELL-BEING TODAY.
20. DESCRIBE THE VISION OF MY IDEAL FUTURE SELF. WHAT IMPACT DID I MAKE FOR THE WORLD AROUND ME?