



30 Self-Discovery
Prompts for Personal
Growth and Reflection

30 Self-Discovery Prompts for Personal Growth and Reflection

In the pages ahead, you hold the key to unlocking the deepest parts of yourself.

Each question is a stepping stone, guiding you toward a clearer understanding of who you are and who you aspire to be.

Embrace this journey with an open heart and a curious mind. Allow your reflections to illuminate your path and inspire your growth. This is your space to explore, dream, and evolve.

Here's to discovering the extraordinary within you.

Happy journaling!

Note: Making Copies of Pages

Before you start journaling, we encourage you to make copies of any single page that resonates deeply with you.

This way, you can revisit and reflect on your thoughts without altering the original journal entry.

Gratefully,

Althea

This Book Belongs To:

Morning ROUTINE

6 WORDS ABOUT YOU TODAY

- Make your bed
- 10 min meditation or bible read
- 5-10 mins stretch / walk / run
- Brush teeth & wash your face
- Change clothes
- Make your coffee or tea
- Make breakfast
- 10 min social media or news
- Desk cleaning / set up
- Review today's schedule
- Write to-do list for today
- Get your day started

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