



50 Self-Reflection: Transforming Life Journal Prompts reflection

DOWNLOAD



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

AM TO-DO LIST

PM TO-DO LIST

WRITE SOMTHING NICE
ABOUT YOU.

SHORT JOURNALING

Date _____

What does self-reflection mean to you, and why is it important?

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"Your life does not get better by chance, it gets better by change."

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Reflect on a recent challenge you faced. What did you learn about yourself from that experience?

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Describe a time when self-reflection led to a positive change in your life.

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What are your core values, and how do they influence your daily decisions?



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Identify a habit you'd like to change. How can self-reflection help you achieve this?

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Reflect on your personal growth over the past year.
What progress have you made?

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Write about a recent success. How did self-reflection contribute to this achievement?

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What are your top three strengths? How can you use them more effectively?



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Consider a recent failure. What did it teach you about yourself?

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What fears are holding you back from reaching your goals? How can you address them through self-reflection?

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Describe a relationship that has significantly impacted your life. How has it influenced your self-perception?

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How do you handle criticism? Reflect on a time when feedback helped you grow.

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What are your long-term goals, and how are you currently working towards them?

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Reflect on a time when you felt truly content. What factors contributed to that sense of fulfillment?

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What does success mean to you personally? How has this definition evolved over time?

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Consider your daily routine. What small changes could you make to improve your well-being?

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How do you define self-care? Reflect on how you practice self-care and its impact on your life.

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What motivates you to keep going during tough times?
Reflect on your sources of motivation.

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Describe a time when you felt out of your comfort zone.
What did you learn from that experience?

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How do you deal with stress? Reflect on effective strategies you've used or could use.

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What are your biggest dreams or aspirations? How can self-reflection help you achieve them?

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Consider a recent disagreement. How did you handle it, and what would you do differently next time?

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Reflect on a personal achievement that you're proud of.
What steps did you take to reach it?

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What are the recurring patterns in your life that you'd like to change? How can self-reflection help?

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How do you balance your personal and professional life?
Reflect on what adjustments might improve this
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Write about a time when you had to make a difficult decision. What guided you in making it?

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What role does gratitude play in your life? Reflect on how practicing gratitude has influenced you.

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How do you deal with setbacks or failures? Reflect on your approach and its effectiveness.

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Consider your personal strengths and weaknesses. How can you leverage your strengths and work on your weaknesses?

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What does a fulfilling life look like to you? Reflect on how your current actions align with this vision.

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Write about a mentor or role model who has influenced you. What lessons have you learned from them?

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| <input type="checkbox"/> Change clothes | <input type="checkbox"/> Write to-do list for today |
| <input type="checkbox"/> Make your coffee or tea | <input type="checkbox"/> Get your day started |

AM TO-DO LIST

PM TO-DO LIST

WRITE SOMTHING NICE
ABOUT YOU.

SHORT JOURNALING

Date _____

How do you stay true to yourself amidst external pressures? Reflect on strategies for maintaining authenticity.

www.liftedme.com



www.liftedme.com

"Your life does not get better by chance, it gets better by change."

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
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SHORT JOURNALING

Date _____

Consider your self-talk. How does it affect your self-esteem and actions?

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SHORT JOURNALING

Date _____

What are your biggest sources of joy? Reflect on how you can incorporate more of these into your daily life.

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How do you set and track your goals? Reflect on your process and its effectiveness.

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Describe a time when you experienced personal growth.
What triggered this growth?

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Date _____

What do you want your legacy to be? Reflect on the steps you're taking to build that legacy.

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How do you handle change? Reflect on a significant change you've experienced and your response to it.

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Date _____

What role does self-compassion play in your life? Reflect on how being kind to yourself affects your well-being.

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Describe a personal value you'd like to strengthen. How can self-reflection help you develop this value further?

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