



Self-Reflection Journal Prompts

What made me smile today?

What was the best part of my day, and why?

What is something I learned today?

Did I help someone today? How?

What is that one thing I'm thankful for today?

What do I find most challenging? How can I handle it better?

What are the three things that make me unique?

How can I show kindness to people around me?

What is that one thing I'm excited about for tomorrow?

Which seven words describe me the best?

Is there any goal I want to set for myself? What steps can I take to achieve it?

What are the five things I'm grateful for?

Is there something I did well today? And how do I wish to celebrate it?



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Is there something I feel worried about? How can I let go of that worry?

How did the wonderful gift I received from my parents make me feel?

I made a mistake today. What did I learn from it?

Is there anything I wish I could change about today? Why and how?

What is my best quality?

What new skills or talents do I want to learn or build in the future?

Who, according to me, is a good friend? Do I know someone who is?

What makes me happy/ sad/ angry?

What memory do I want to hold on to?

What are some things I love about my family?

What calms me down when I am anxious?

Where do I want to go on my next family vacation, and why?



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Are there any such things I want everyone to know about me?

What is my favorite way to spend a holiday?

Who is my role model, and why?

What do I want to be when I grow up?

When was the last time I cried? Am I still sad about it? Why or why not?

What is something that inspired me today?

What motivates me to do my best?

How was my day today? Did it make any positive difference in my life?

What are my views on the importance of respecting others?

What are some hobbies I wish to try?

How can I handle a disagreement or conflict with a friend?

Am I missing someone today? What can I do?

What was my best day at school like?



Self-Reflection Journal Prompts

How can I make my family feel proud of me?

What are a few things that instantly boost my confidence?

Is there anything I am curious to know about? How can I know more about it?

How can I be more patient?

What is my ultimate dream in life?

What do I enjoy the most during the holidays?

What are three things I can do to take care of my environment?

Who is my favorite teacher, and why?

What makes me feel good about myself?

Is there anything I am scared of?

Which activities do I love for staying physically active?

Which three things am I good at?