



700+ JOURNAL PROMPTS

REDISCOVER YOURSELF TO THE FULLEST

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BY EISHA



JOURNAL PROMPTS FOR SELF CARE AND BODY IMAGE

1. How can I show myself more love?
2. How do you feel about your body?
3. Today I can honor my body by _____
4. How can I love myself today?
5. What items are in your self-care toolkit?
6. Physically I'm feeling _____
7. What is your favorite physical characteristic (face or body)?
8. Describe a time you felt proud of that feature.
9. What physical characteristics are you most self-conscious about?
How could you make peace with those?
10. List your top wellness tips
11. How do you feel about your body? Would you change anything?
12. What's your favorite physical feature?
13. What have you done lately just for you?
14. How could you take better care of your mental health?
15. What changes could you make to improve your physical health?
16. Are you getting enough sleep? If not, why do you think that is?
17. Do you lack energy? If so, what is causing this?
18. Do you get enough exercise?
19. Are you comfortable looking in a mirror?
20. How do you feel about others seeing your body, for example at the beach?
21. How to tune out you with your body? Do you know when it's time to rest?
22. Does stress affect your body? How can you address this?
23. What is your favourite part of your body?
24. Do you have a good relationship with food?
25. Do you have a healthy diet? What changes could you make?
26. Do you drink alcohol, if so are you drinking too much? Is there a way for you to cut down?
27. How does alcohol change you as a person?
28. Do you feel that your job is affecting your health?
29. Do you overthink things? Does this cause stress and worry?
30. What area of your self care do you need to work on more?
31. Do you have a good work/life balance?
32. Do you get time just for yourself?
33. What do you do today to take care of yourself?

34. Is there something you need to give up or cut down on? Cigarettes/alcohol/caffeine? How can you take steps to do this?
35. Furthermore, how do you look after your physical health?
36. When do you feel happiest in your skin?
37. How will you commit to taking better care of yourself next year?
38. If my body could talk, it would say...
39. When I'm in pain — physical or emotional — the kindest thing I can do for myself is ...
40. What does unconditional love look like for you?
41. What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?

JOURNAL PROMPTS FOR GOALS:

42. When you think about your future, what do you fear the most?
43. When you think about your future, what do you hope for the most?
44. If you could make a living doing anything, what would it be?
45. What do you want your legacy to be?
46. What is something you want to learn how to do?
47. What is something you wish you could know about?
48. What's your wildest dream?
49. What is something that you are always wishing for?
50. What would you do if money were no object?
51. What is something you wish you could do?
52. What is something you want to do better than you do now?
53. What did you do this week that brought you closer to your goals?
54. Do you like to daydream? Why or why not?
55. Name one thing you'd like to succeed at and how can you achieve this?
56. Write out what your new identity is if you follow your dreams.
57. Knowing who you will be when you follow your heart can help you better understand the hurdles you need to overcome!
58. Why would I not want my dreams to come true?
59. As much as we want our dreams, it does mean change.
60. What change would you not want if your dreams come true?
61. Are you an organized person?
62. Is there a part of your life that you wish was more organized?
63. How do you focus?
64. Could you be more focused? How will you achieve this?
65. What are you looking forward to?
66. How would you change the world? What does your work mean to you?
67. How is the pace of your life? Is it too fast or too slow for you?
68. Do you have a strong work ethic?

69. What do you believe you deserve in life?
70. What one thing have you always wished for?
71. What skill have you always wanted to have?
72. What would you like to achieve in the next year?
73. What new hobbies would you like to try?
74. Where would you like to travel?
75. How could your life be better?
76. Is anything holding you back?
77. What are your goals for this month?
78. Is your life what you imagined it would be?
79. What small change would you like to make to your life?
80. What big change would you like to make to your life?
81. What is your dream job?
82. What is your vision for the future? How will you get there?
83. What gives you hope?
84. What do you fear most about the future?
85. Does growing old scare you?
86. You have decided to emigrate, where are you going to live?
87. What do you want most out of life?
88. What one thing could you do today to help you achieve your goals?
89. What could you do to improve your finances in the future?
90. Is anything holding you back from achieving your goals? How can you deal with it?
91. Do you embrace the "new"?
92. Do you believe you deserve good things to happen to you? If not, why?
93. What new things do you want to try in the next year?
94. What in your life are you still trying to figure out?
95. What makes you happy about your life right now?
96. What makes you sad about your life right now?
97. Are you satisfied with life?
98. What difference would you make to the world?
99. What do you want your legacy to be?
100. What gifts do you want to share with the world?
101. Do you have a dream life? What is it like?
102. What do you think your mission is in life?
103. Do you find it easy to commit to getting what you want in life?
104. Are your expectations of yourself too high?
105. Do you find it easy to follow through on a plan you have made?
106. What would give your life more meaning?
107. Where would you like to live in the future?
108. What are your personal goals?
109. What do you consider your greatest professional success?
110. Similarly, what do you consider your greatest personal success?
111. What is your life motto, or what words do you live by?
112. If you struggle with procrastination, what do you think causes it?

113. What does success mean to you?
114. What is the one thing you are excited about?
115. What will you do on a day-off?
116. Describe something makes you proud.
117. Any future plans you are excited about?
118. What makes you lose track of the time?

JOURNAL PROMPTS FOR ANXIETY

119. What causes stress or anxiety in my life?
120. What makes you think you are not good enough? Put real words to the feeling.
What is making you believe this? Were you told it?
Are you just assuming? It is also helpful to define what good enough is.
121. What unnecessary pressure am I putting on myself?
Too often we stress ourselves out over things that really don't deserve the time. Or they are for someone else and not you. Is it time to let go of some of those?
122. Whose feelings am I carrying? Is it time to give them back?
123. When you are feeling down, what picks you up?
124. How do you manage stress?
Explore what has worked for you and what hasn't. Write the top 5 things in your life that are causing you stress. For each stressor, write what you can do to change it.

JOURNAL PROMPTS RELATED TO OTHERS IN YOUR LIFE:

125. What do you look for in a close friend? Do you have those characteristics?
126. Describe a time a friend went out of their way to help you.
127. How do you serve the people in your life?
128. Discuss how the people in your life make you feel.
How do you perceive yourself after spending time with them? How will that affect how you spend time with them in the future?
129. Describe a time you mistreated someone. How do you feel about your behavior,
And what would you say to the person now?
130. Your neighbors are having a party. You only know 1 person who is attending.
Will you go to the party?
131. You've just met a stranger at a place you frequent.
He/she tells you a bit about his/her life. Are you listening intently?
Or are you waiting for an opening to talk about yourself?
Neither answer is incorrect. Describe how this meeting made you feel.
132. How do you add value to those nearest to you?
133. What do you love most about your partner? List them
134. Write about something or someone that always makes you smile.

135. From your perspective, what is the most important quality a person can have? Why?
136. What is the nicest thing someone else has ever said about you?
How did it make you feel to hear them say it?
137. Who is your biggest inspiration and why?
138. Who would you most love to meet?
139. What is the best gift somebody could give you?
140. Who do you call to cheer you up?
141. Who do you love and why?
142. Who would you like to reconnect with and why?
143. What do you look for in a friend?
144. Who do you trust?
145. Who makes your life better?
146. How do you help your friends and loved ones?
147. What time in your life did you need a friend most?
148. How do you show people that you love them?
149. Describe your best friend. What do you have in common?
What makes the friendship work?
150. What has your partner or family complained about you?
151. How do you show appreciation to others?
152. True or False: "I am more likely to try something if others would be impressed."
153. You overhear a stranger giving information/advice you believe is incorrect.
Do you correct the person or stay out of it?
154. Your partner is not giving you something you need. Do you tell them or suffer in silence?
155. A colleague takes credit for your work and is rewarded. Your reaction?
156. Who is someone you'd like to treat better?
157. How do you deal with negative people?
158. How do you deal with people who have different opinions and beliefs from you?
159. Are you willing to forgive others?
160. Do you prefer a small or large group of friends?
161. Are you ever misunderstood by people?
162. You receive exciting news, who do you tell first?
163. Who is your favorite person to talk to every day?
164. What is the best advice you have ever been given?
165. Think about your past romantic relationships. What lessons did you learn from them?
166. Have you ever had your heart broken?
167. What is your perfect date?
168. How do you deal with confrontation?
169. What qualities do you like least in others?
170. Do you feel that you have the support of friends and family?
171. Do you feel that you are valued by others?
172. What do you want other people to know about you?
173. Who do you look up to?
174. Who do you love unconditionally?
175. Who has your back?

176. What makes you lovable?
177. How comfortable are you meeting new people?
178. What is the nicest thing anyone has ever done for you?
179. Do you care what others think of you?
180. Are you easily influenced by others?
181. How is your relationship with your parents?
182. Do you believe in soul mates?
183. What are the 3 most important things in a relationship?
184. Can you accept people for who they are?
185. Do you feel accepted?
186. Is there a relationship in your life you would like to change? How would you change it?
187. How do you fit into your family? What is your role?
188. Your family is always the people you are related to. Which non relatives is family?
189. Do you have any toxic friendships in your life? How can you deal with this?
190. Do you find it easy to apologies to others?
191. Are you a good listener?
192. Have your views on love changed since you were a teenager? If so, why?
193. Are you a secretive person? Do you find it easy to confide in other people?
194. Who are you closest to in your family and why?
195. Who knows you the best?
196. Do you share the same values as other members of your family? Difference?
197. Are you attracted to the same personality type as yourself or the opposite?
198. What one thing do you wish someone would say to you?
199. Do you make friends easily? What connection is important?
200. Who did you last spend quality time with?
201. Do you think you are fairly judged by others?
202. Is there someone in your life you should be spending more time with?
203. Is there someone you should be spending less time with?
204. Have you ever loved someone who didn't love you back? How did that make you feel?
205. Have you ever betrayed a friend?
206. Have you ever been betrayed by a friend?
207. Have you ever felt controlled by another person?
208. Who in your life makes you feel special?
209. Who can you share comfortable silences with?
210. Who are you most like in your family?
211. Do you think people look up to you?
212. Who can calm you down?
213. Who are you not afraid to be yourself with?
214. Do you think it is important to be honest with people even if that honesty causes pain?
215. Do you have friends who have different backgrounds to you?
216. Who would you turn to in a crisis?
217. Have you ever been afraid of another person? How did you deal with this?
218. Do you ever feel sad about people you have lost touch with who were once important?
219. How do you think your work colleagues feel about you?

220. How do you feel about them? Do you have good working relationships?
221. Do you feel that you need more encouragement from others?
222. Can you communicate well in a relationship? Do you talk out your problems?
223. Have you ever lied or cheated in a relationship? Did you come clean? Regret it now?
224. What do you wish others knew about you?
225. Make a list of the people in your life who genuinely support you, and who you can genuinely trust. (Then make time to hang out with them.)

JOURNAL PROMPTS ABOUT PAST

226. What one thing would you change about your childhood
227. If you could go back to when you were a child, what would you say to yourself?
228. What were the good things you remember from your childhood?
229. What is your biggest regret?
230. What was the best birthday you ever had?
231. What did you want to be when you were younger?
232. What is your happiest memory?
233. What family traditions did you have as a child?
234. Where were you, 10 years, 5 years, and 1 year ago?
235. What mistakes have you learned from in the past?
236. What time in your life do you always want to remember?
237. What song holds special memories for you?
238. What is your saddest memory?
239. What has been the most difficult time in your life?
240. If you could relive one day over again, what day would it be?
241. What has been the best year in your life?
242. Who was your biggest influence growing up?
243. Has your family life changed since you were a child?
244. What was your favorite thing to do as a child?
245. Have you said anything in the past that you wish you hadn't?
246. Did you enjoy school? What life lessons did you learn from your time there?
247. Did you find it easy to get along with your peers when you were growing up?
248. Did you ever experience bullying? How did you deal with this?
249. What from your past do you wish you could do over?
250. Have any past experiences shaped the fears & anxieties you have today?
251. What has been the most challenging part of your life to date?
252. During your childhood did you ever feel let down by an adult?
253. What were you doing this time last year?
254. Did you ever witness anything in the past that you wish you hadn't?
255. What smell brings about good memories?
256. What was your favorite family vacation?

257. Were there secrets in your family? How did that affect you?
258. Does the way you were brought up influence the way you (will) bring up your children?
259. If you have siblings, how is your relationship with them? Has it changed now that you are adults?
260. The two moments I'll never forget in my life are
261. What is your first Instagram post about?
262. Were you a happy kid?
263. What do you regret the most? What would you do differently if given a second chance?
264. If you meet a friend that you haven't seen in 10 years, how will you tell him/her about your life right now?
265. Do you have any trauma that you never heal from?
266. Describe your happiest day in childhood.
267. What have you lied about? Why?
268. What is the greatest life lesson you've learned?
269. Who do you hate the most? What have they done to you?
270. Write down one thing that you cannot let go of.
271. Write a letter to someone that has done you wrong.
272. What is the biggest mistake you've ever made?
273. Write a thank you letter to someone.
274. If you are to tell your child your story, what will that be?

JOURNAL PROMPTS FOR DEEPER SELF DISCOVERY

275. What is something funny that I've experienced recently?
276. What is something that I have learned recently?
277. How can I help others?
278. Do you worry about getting ill?
279. Are you afraid of death?
280. Are you self-conscious?
281. In what ways do I care for others? How can I be a more empathetic person?
282. Do I base my decisions on love or fear?
283. What are some of the little things that bring me great joy?
284. Do I focus on the present moment enough?
285. What is something I want to do tomorrow?
286. What kind of person do I want to be in the future?
287. What do I need to work on to make me a better person?
288. What positive changes have come from this difficult time?
289. What am I trying to accomplish with my actions?
290. Why am I looking for approval?
291. What am I accepting as Truth that is not? Challenge your current way of thinking.
292. Write down one problem you have, then list why you think it exists.

293. Is this the right time for the action I am trying to take? What would it accomplish?
294. Do you want what you have now? Or are you scared of the unknown that ?
295. Am I escaping from any responsibility?
296. Do I need to be validated by others?
297. Write about a time when you did something that you didn't really want to do
298. Write about a time when you were afraid you wouldn't be able to do something that someone else wanted you to do. How did that make you feel?
299. What is the most important lesson you ever learned?
300. How do you know when you're doing the right thing? What type of feeling do you get?
301. What five words would you use to describe yourself to someone new? Why
302. What is your favorite thing to do with your friends? What makes it so fun?
303. Do you consider yourself to be more of a leader or a follower? Why?
304. Write about a time when you learned a new skill. Was it difficult? Fun?
305. Which person in your family are you most similar to? How are the two of you alike?
306. What color best represents your personality?
307. Write about a time when you were proud of yourself you achieved at school.
308. What part of the school day is your favorite? What part is your least favorite? Why?
309. Do you come from a small family or a big family? What do you like/dislike?
310. What is the coolest place in the world that you've ever seen? What makes it so special?
311. Write a poem about your most prized possession.
312. Describe what makes it unique and how you came to own it.
313. If you could improve one thing about yourself, what would you choose to work on?
314. What three things would you like to try and why?
315. What three things would you like to improve upon in your life and why?
316. What one thing would you like to say no to and how can you make this happen?
317. List five things you're really grateful for & how can you prioritise them in your daily life?
318. Name two things you're really happy with
319. Name one thing you'd like to happen and how you can make it happen
320. List three things you'd like to simplify and how you're going to start doing this today
321. List three things you'd like to organise and how you're going to start doing this today
322. Tomorrow you'd like to make time for...
323. Name one thing you wish you'd said yes to and what difference it would have made
324. What one thing, experience or piece of knowledge do you wish you'd known earlier and what difference would it have made?
325. Name three things you'd like to know more about
326. What one thing do you wish you hadn't given up doing?
327. What one thing do you wish you could do again and can you make that happen?
328. Name three things you're really looking forward to
329. Name three things you could really do without and try it
330. List three things you could imagine yourself doing and how can you give them a go?
331. What one thing hadn't you fully appreciated until you started thinking about it now?
332. Name three things you love about yourself
333. Name three things you would like to love about yourself
334. List three things you dream of

335. List three things you aspire to be and how you can become them
336. What three things do you get out of bed for in the mornings ?
337. List three things you would encourage your kids to do or say
338. Name five things you would like people to describe you as
339. List three things you're going to discover or try tomorrow
340. What are the 3 things you like most about yourself?
341. If you could change one thing about yourself what would it be?
342. What do you need to make you feel safe?
343. Where is your safe place?
344. What is your greatest accomplishment?
345. What are you most thankful for?
346. What life lessons have books taught you?
347. What lessons have you learned from travelling?
348. Is there anything that has changed your outlook on life?
349. What excites you?
350. What place do you consider your home?
351. Are you good at decision making? How could you improve?
352. What is the most important thing to enable you to live an authentic life?
353. What matters to you the most?
354. What doesn't matter to you?
355. What are your priorities?
356. What keeps you motivated?
357. What makes you proud?
358. What are 3 facts about you that not many people know?
359. What have you recently learned about yourself?
360. What is your favourite time of day and why?
361. What one thing can you not give up?
362. What rules or standards do you live by?
363. What could you easily live without?
364. What is your reaction when you don't get what you want?
365. Do you have self control or is it something you need to work on?
366. How do you deal with obstacles that get in your way?
367. Do you deal well with rejection?
368. If you could be any animal what would it be and why?
369. Do you always tell the truth?
370. Are you able to forgive others?
371. Are you able to forgive yourself?
372. Do you have leadership qualities or are you strictly a follower?
373. Have you managed to overcome a fear?
374. When was the last time you were creative?
375. Do you have problems releasing your creative side? Why do you think this is?
376. Do you find it easy to ask for help?
377. Who would play you in the film about your life?
378. Can you keep a secret?

379. Do you dress for yourself or to impress other people?
380. What changes could you make to improve your health?
381. What are you passionate about?
382. Do you cope well when faced with a challenge?
383. Are you a leader or a follower?
384. Are you a confident person or do you find yourself doubting your abilities?
385. When was the last time you did something spontaneous? How did it make you feel?
386. How much do you love yourself right now?
387. What makes you uncomfortable?
388. Do you have any small rituals that give you comfort? What are they?
389. Are you a patient person?
390. Do you find yourself apologising a lot? Why do you think you do this?
391. Do you have self discipline? If this is a problem, what can you do to improve?
392. What is the biggest decision you've ever had to make?
393. What was the last thing you celebrated?
394. What are your beliefs, do you always stay true to them?
395. Are you an introvert or an extrovert?
396. What's the most difficult choice you ever had to make?
397. What would you like to do less of?
398. Are you good at problem solving?
399. Are you kind to yourself?
400. Do you find it easy to feel empathy towards others?
401. Do you feel that you are a good communicator?
402. Do you have a strong work ethic?
403. If you could sum your life up in one word what would it be?
404. Do you ever break the rules?
405. Are there parts of your life that you find distracting?
406. Do you take the time to reflect on what is happening in your life?
407. How do you feel outside of your comfort zone
408. Do you find your life fulfilling?
409. Are you putting any parts of your life on hold? If so why?
410. What makes you feel young?
411. Do you work well under pressure?
412. What makes your life worthwhile?
413. What 5 words would you use to describe yourself?
414. Has anything changed your outlook on life?
415. Do you easily give up on things? Why is this?
416. Can you admit when you are in the wrong?
417. What do you need to make more time for?
418. Are you good at organising your time? How could you improve?
419. Do you display self destructive behaviour?
420. What makes your life more difficult?
421. What cause do you feel strongly about? How can you help?
422. Do you react well in a crisis?

- 423. What is your most treasured possession and why?
- 424. What can't you live without?
- 425. Do you have fears of abandonment? Why could this be?

JOURNAL PROMPTS FOR EMOTIONS

- 426. How do you feel right at this moment?
- 427. What is causing you stress right now?
- 428. What makes you feel alive?
- 429. What makes you sad?
- 430. What do you need to let go of?
- 431. How do you deal with the anger?
- 432. What cheers you up when you are feeling down?
- 433. Do you always need to be in control? How do you feel when you have no control?
- 434. How do you cope with stressful situations?
- 435. Do you believe crying is a healthy outlet for negative emotions? What makes you cry?
- 436. When was the last time you cried?
- 437. What was the happiest moment of your life?
- 438. If you ran away where would you go?
- 439. What makes you laugh?
- 440. Are you easily embarrassed? Why do you think this is?
- 441. What is the most embarrassing thing that's ever happened to you?
- 442. What was the last thing to surprise you?
- 443. Do you hide your emotions? If so, why?
- 444. How do you deal with negative comments?
- 445. Who or what keeps you calm?
- 446. Do you carry emotional baggage? How can you deal with this?
- 447. Are your emotions unbalanced? How can you address this?
- 448. Are you easily frustrated? What frustrates you?
- 449. Do you find yourself feeling guilt over things that are beyond your control?
- 450. Do you ever feel envious? Do you feel that this is healthy?
- 451. What can you do to feel more content with what you have?
- 452. Have you ever grieved for a loved one? How did you process this grief?
- 453. What do you miss the most?
- 454. What do you need the most in life?
- 455. What makes you feel better?
- 456. What one thing always makes you smile?
- 457. What has made you smile today?
- 458. Do your emotions motivate you? Is this in a positive or negative way?
- 459. What causes you to be anxious?
- 460. What makes you joyful?

461. Do you have mood swings? What do you think causes them?
462. Do you find it easy to talk about your feelings, or do you bottle things up?
463. Are you often disappointed with life?
464. Do the changing seasons affect your emotions? Why do you think that is?
465. What do you like to do to relax and wind down?
466. Are you easily overwhelmed?
467. Is there anything in your life that makes you ashamed?
468. Are you a nervous person? Why do you think that is?
469. What makes you nervous?
470. Do you feel you lack courage? What do you wish you had the courage to do?
471. What emotion do you wish you didn't feel?
472. What makes you feel powerful?
473. How do you deal with emotional pain?
474. What do you love about life?
475. Do you find it difficult to control your temper?
476. What helps you heal?
477. What are the little things that make you happy?
478. If you could choose to have any emotion right now what would it be?
479. Do you ever feel numb? What causes this?
480. What emotion do you feel most often?
481. Do you like surprises or do they unsettle you?
482. What makes you feel free?
483. Would you say you are an optimistic person?
484. Do you ever feel inferior? Why is this?
485. How does uncertainty make you feel?
486. Are you easily annoyed, what annoys you?
487. What is your biggest fear? Why do you think you are afraid?
488. Do you let this fear rule your life or do you deal with it in a healthy way?
489. List 20 things that make you smile
490. Are you addicted to social media? Assess yourself honestly and explore how it impacts your life and what changes, if any, you can makeWhat is something that has impacted positively on your life?
491. What does growing older mean to you?
492. How do you handle a bad day?
493. Reminisce about your first love. P.S. It could be a car, a person, or something else
494. My favourite way to spend the day is ...
495. Reminisce about your wedding day
496. My dream vacation is ...
497. Write a 99 things you love list.
498. What was the defining moment in your life?
499. Choose 3 photos of yourself across your lifetime and write about how you feel looking at them. On reflection, what were you doing in the photo and what you were like at the time?
500. Are you a city, a country or a beach person?
501. What memory do you cherish the most?

502. If you could invent something, what would it be?
503. What was the best concert you have ever been to?
504. If you won lotto tomorrow, what would you do?
505. What is the best gift you have ever given or received?
506. If you won lotto what would you do?
507. Write about the place you grew up. How has it shaped you?
508. Are you an introvert or an extrovert? How has it shaped your life?
509. What are your top life hacks?
510. If you had a theme song, what would it be?
511. What would you do if you knew you could not fail?
512. Write about a cause close to your heart, and why it is so important to you
513. What is your favourite season and why
514. How does it feel to be the age you currently are?
515. Write about the first time you saw/held your newborn
516. In what ways have you grown as a person this year? What/who has influenced you? And what have you learned?
517. I couldn't live without ...
518. Head out to a cafe or somewhere public, sit, and people watch. Write about what or who you see. Let your imagination run free. Write about the history of the people you see, what is happening, what they are thinking, what their future will be
519. What was the funniest thing you saw or heard this week?
520. Write a letter to your son or daughter
521. I feel most satisfied when ...
522. Do you have a routine or are you a person who hates routine?
523. If you could have a superpower, what would it be?
524. What brings a tear to the eye? (It could be happy tears!)
525. Write about something you have never told anyone about before
526. What do you want to be remembered for?
527. What does it mean to live an authentic life?
528. Of all of the books you have read this year, which has been your favourite, and why?
529. Name 4 little things that always make you happy i.e. coffee in the morning, hugs, puppies, good book
530. What friends are you most grateful for?
531. List what makes each friend so special
532. List 5 things you love about your home
533. My favourite way to spend the day is ...
534. What are the 3 biggest distractions in your life at the moment, and how can you go about reducing them?
535. Sit down and do a life audit. Work through every section of your life and assess what is working well, what isn't, and any changes you could make
536. Write a life admin list and then get to work on ticking those items off of your list!
537. How has each member of your immediate family helped to shape your life?
538. Describe your dream life.
539. Write the words you need to hear right now

540. Finish this sentence: "I can't stand it when other people..." Examine those character flaws. Do you also possess them? Be honest.
541. Name an animal whose characteristics you admire. Are you in any way like that animal?
542. Write about a missed opportunity you had with you. What could you do differently next time?
543. You just spent all day by yourself. Are you bored?
544. You just moved into your dream home. Look out the kitchen window. What do you see?
545. You just spent a day at the beach. How do you feel? Energized? Tired? Alternatively, you spent a day in the mountains. How do you feel?
546. You're in an elevator and someone you admire walks in. Do you give the person your business card? Why or why not?
547. To show someone you love them, are you likely to use words, actions, or another method?
548. You've just started working at a new job. One of your colleagues is mean/unkind to you. How do you handle the situation?
549. Do you lean into challenges or away from it? Describe a time you were given a challenge you weren't sure you could complete. How did the situation make you feel?
550. Someone trusts you with a secret and asks you not to reveal it. It's really juicy! Do you tell anyone?
551. You are walking on a road, and you encounter three forks. One path leads up a mountain. The other leads into a forest. The third path leads to the ocean. Which path do you take? What do you think this means about you?
552. If you have a problem, would you go to a family member, best friend, or a stranger?
553. You're in a room with a group of people who all share the same opinion on a certain topic. Do you go with the flow or argue the counterpoint?
554. Two teams are playing in a big game. One of them is heavily favored to win. Which team do you support?
555. Your to-do list this week is overwhelming. Do you ask for help or give up sleep?
556. A group of people is having a conversation on a topic you know nothing about. One of them turns to you and asks your opinion. Do admit ignorance or bluff your way out?
557. You are on a team of people creating an iconic building. Which job do you want to help with: managing the project, designing the building, ensuring its safety, or final decorations. Why did you pick that job?
558. You can work at a job you love for very little pay, or work at a job you hate for a luxurious salary. Which do you take?
559. True or False: "All is fair in love and war." Explain your answer in the context of your life.
560. You have an important task to do. Do you do it now or procrastinate?
561. You are feeling down. What do you do to cheer yourself up?
562. Describe a time you were radiantly happy. What do you value most in that memory?
563. City mouse or country mouse. Which are you?
564. You're on a game that benefits the charity/cause of your choosing.
565. What do you support? Why?
566. You got great news today. Who do you tell first:
567. Your best friend, the first person you see, or social media?

568. What is one thing you've always wanted to try that you haven't yet?
569. What does a successful life look like to you?
570. What gives you more energy: being around people or spending time alone?
571. What are three activities that light you up and leave you feeling most energised?
572. What is your biggest fear?
573. What do you consider to be your most challenging flaw?
574. What is one aspect of your life you'd like to improve over the next year?
What would that improvement look like?
575. What three to five qualities feel the most important for you to embody?
576. What is the number one problem you would like to solve (or see solved) in the world?
577. How are you most often misunderstood by other people?
578. What are the different roles you play in your life?
(e.g. mother, partner, sister, etc.)
What is the number one thing that feels like it's missing from your life right now?
579. Who are the three most important people in your life today?
580. When have you felt at your richest?
581. How do you think the three people closest to you would describe you if asked?
582. My favorite way to spend the day is...
583. I couldn't imagine living without ...
584. I really wish others knew this about me...
585. Name what is enough for you.
586. Name a compassionate way you've supported a friend recently.
Then write down how you can do the same for yourself.
587. What do you love about life?
588. What always brings tears to your eyes?
589. "Write about a time when work felt real to you, necessary and satisfying.
Paid or unpaid, professional or domestic, physical or mental."
590. Write about your first love — whether a person, place or thing.
591. Using 10 words, describe yourself.
592. What's surprised you the most about your life or life in general?
593. What can you learn from your biggest mistakes?
594. I feel most energized when...
595. "Write a list of questions to which you urgently need answers
596. What's one topic you need to learn more about to help you live a more fulfilling life?
597. Make a list of everything you'd like to say yes to.
598. Write the words you need to hear.
599. How will you describe yourself?
600. Describe one of the best days you have recently.
601. List all the things that make you happy today, big or small.
602. List all the things that make you happy today, big or small.
603. What do you want to do with your free time today?
604. If you can only keep 3 things you have, what will they be and why?
605. Describe a life-changing moment.
606. What is going well in your life right now?

607. If you are to tattoo a quote, what will that be?
608. How do you make decisions? By heart or with logical analysis?
609. What do you do on a bad day?
610. What is your MBTI personality type?
611. What is one thing about you that no one knows?
612. How do you deal with anger?
613. Write down the lyrics that keeps looping in your head
614. Describe a relieving moment.
615. Write about a change that makes your life better.
616. If you can wipe something out from your mind, what will that be?
617. Do you want to live forever? Why?
618. My life won't be complete without _____ .
619. My life won't be complete without?
620. What are the things you do better than people around you?
621. What is the skill you have that come as a surprise to others?
622. How will you describe your biggest strength?
623. Write about an experience that you stand up for someone else.
624. What cheers you up on a bad day?
625. Describe your dream job.
626. Write about the most glorious moment in your life so far.
627. What makes you unique?
628. Think of the last time you solve a problem. How did you do it?
629. Write about a moment you feel brave.
630. Is there anything you always want but haven't? Why?
631. What are the risks in your life? Given what you need, how will you tackle them?
632. What do you want to change about yourself?
633. What is one piece of advice that turned out to be helpful?
634. What is keeping you from your dream?
635. What is the worst you've done?
636. What superhero are you?
637. Do you believe in eternal love? Why?
638. What difference do you want to make in the world?
639. What will you do with \$50,000,000?
640. Write your own epitaph.
641. If you can solve a problem in your country, what is that?
642. What will make the world a better place?
643. What's a funny story that makes you laugh every time?
644. What brings you genuine joy?
645. What are you proud of yourself for?
646. What are some things that inspire you?
647. One thing I need to work on is _____
648. What do you need to let go of?
649. What do you need to forgive yourself for?
650. What is your favorite memory?

651. What thought patterns are holding you back right now?
652. What do you need to stop doing to live a richer and happier life?
653. What is your proudest moment?
654. What do you need most to heal right now?
655. What makes you a good friend?
656. What makes you feel powerful?
657. What is your best accomplishment?
658. What beliefs are holding you back from living your dream life?
659. What could you do to make your life more delightful every day?
660. What's inspiring you right now?
661. What do you need to forgive yourself for?
662. What do I need more of in my life?
663. What are you grateful for this week?
664. What does your ideal day look like from morning to night?
665. What have you done lately that you want to brag about?
666. What message would I like to share with the world?
667. What do you need more of in your life?
668. When you wake up in the morning, how do you want to feel?
669. What is your favorite personality trait?
670. What are your priorities for this year?
671. What is one adjustment you'd like to make to your morning routine?
672. When do you feel most confident?
673. What is one adjustment you'd like to make to your nighttime routine?
674. What do you wish you had more time for?
675. What wild and crazy thing would you like to try?
676. What's your ultimate goal in life?
677. What have you learned today?
678. What's your favorite meal?
679. If I could accomplish one thing in the next three months, what would it be?
680. How do you add value to the world?
681. What's the best dream you can remember?
682. What is the message that you want to share with the world?
683. What is your top goal right now?
684. The thing I'm most thankful in life for is _____
685. What is the most relaxing sound to you?
686. If I weren't afraid, I would _____
687. When I'm overwhelmed, I should _____
688. Right now I need _____
689. I want to forgive _____
690. I'm frustrated by _____
691. I'm truly inspired by _____
692. I would like to see _____
693. I secretly wish I could _____
694. I'd like to thank _____

695. SELF *****
696. i feel a close connection to _____
697. The craziest thing I ever did was _____
698. The bravest thing I ever did was _____
699. The kindest thing I ever did was _____
700. My biggest weakness is _____
701. I wish I could be better at _____
702. My biggest achievement is _____
703. My mentor / role model is _____
704. When I exercise I feel _____
705. When I'm angry I _____
706. Lately I've been feeling too much _____
707. I wish I could feel more _____
708. Nobody knows that I _____
709. I would describe myself as _____
710. Next year I hope to _____
711. I'm really good at _____
712. I'd like to be remembered for _____
713. Today I was challenged by _____
714. Today I was grateful for _____
715. One word that describes me is _____
716. The hardest lesson I've learned is _____
717. I hope my children will _____
718. Something that makes me feel peaceful is _____
719. I feel tense when _____
720. If I were still a child I would _____
721. If I were 90 years old I would _____
722. I trust _____
723. If I could run away, I'd go to _____
724. If I knew I couldn't fail, I would _____
725. I want to let go of _____
726. The best day for me would be _____
727. I feel the most energized by _____
728. I always cry when _____
729. I wish I could control _____
730. I know I can always _____
731. The best thing that could happen would be _____
732. List 25 fun things you'd like to do this summer.
733. What would you do if you know you couldn't fail?
734. What is something that you could teach someone else how to do?
735. Are you superstitious? What are you superstitious about?
736. What is something wonderful that makes you different from everyone else?
737. What is your favorite thing to wear? Why?
738. What is something that you know is true?

739. What scares you?
740. What are some song lyrics that mean something to you?
741. What are the freedoms that you appreciate and why?
742. List a few professions that you wanted to be when you were young.
743. What regrets or thankfulness do you feel about not pursuing each of these professions?
744. What is the most important thing you do every day?
745. What is something you feel really proud of?
746. How do you indulge yourself? Do you need to indulge yourself more often?
747. What holds you back?
748. What is something that makes you really happy?
749. What is your favorite treat?
750. What things do you appreciate today?
751. Who would you trust your deepest secrets to? If no one, then why?
752. What makes you feel vulnerable?
753. Make a list of 10 people you are thankful for being in your life.
754. Write out your favorite quote.
755. What is your biggest fear?
756. List or journal about all the things you love in life.
757. Finish the Sentence
758. Life is...
759. One thing I want to accomplish this month is...
760. Nobody knows that I...
761. My favorite place to go is...
762. When I'm happy...
763. The smell of cake makes me think of...
764. I feel ___ years old inside because...
765. If I had no work or other obligations tomorrow, I would...I used to think...
766. Before my time ends...
767. I wish I was...
768. I remember when...
769. 3am feels like...
770. The greatest gift I've ever been given...
771. I wonder...
772. I am proud of myself for...
773. I am grateful for...
774. I believe ...

Congratulations!

If you have made past this! I am glad that you have every journal prompt at your disposal to rediscover your true self. What next? If you really have faith that the law of attraction is real and you create your own reality then . . . I would invite you to a life-transforming journey of journaling. It changed me. I have been working on Triple G's technique for so long. As it works. Watch out your next emails or visit my store. As you are about to discover SOMETHING, which I wished was taught in schools. Till then, decode your life with more than 750 journaling prompts!

~ Eisha

HAPPY DECODING!

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Email: info@youdecode.com