

This journal has 100 reflection questions for you to ponder deeply about. The goal is you help you learn more about yourself as an individual.

1

How do I feel about the progress I
have made in the last three months
towards my goals?

Notes:

2

What areas of my personality do I
need to improve on?

Notes:

3

Do I deal with adversity in a
positive manner?

Notes:

4

What is my true purpose in this life?

Notes:

5

What is my number one passion?

Notes:

6

What actions can I take to further
my personal growth?

Notes:

7

Am I truly satisfied with my life
right now?

Notes:

8

Are all my relationships serving me
positively?

Notes:

9

Do I have the discipline to manifest
my true desires?

Notes:

10

What major challenges have I overcome in life, and what have those challenges taught me?

Notes:

11

Do I take enough time out for myself throughout my day?

Notes:

12

Who are some people I look up to as mentors, that are a good example of what success looks like?

Notes:

13

Do I have a positive outlook and
mindset in life?

Notes:

14

What are the top five things that I
am truly grateful in life for?

Notes:

15

Have I made any excuses in the past
that have prevented me from
attaining what I desire in life?

Notes:

16

Is there anything I do throughout the day, that is not helping me get closer to my goals?

Notes:

17

When was the last time I conducted
a deep reflection about my life?

Notes:

18

Do I generally eat healthy foods?

Notes:

19

What is the one thing that makes me
unique?

Notes:

20

Do I have a productive mindset?

Notes:

21

In the past, have I taken the initiative to do internal work on myself?

Notes:

22

What are three things that I really
like about myself?

Notes:

23

Do I compare myself and my life
with other people's lives?

Notes:

24

What does a successful life look like?

Notes:

25

What are my top three stressors?

Notes:

26

What are some activities that I like to do, which are therapeutic and can help me release stress?

Notes:

27

Do I have the desire to serve the world in some way, shape, or form?

Notes:

28

Am I generally happy in life?

Notes:

29

How do I define true happiness?

Notes:

30

What are the top five things that I
must do in this life?

Notes:

31

Do I have a good support system in
my life?

Notes:

32

Do I spend my money in a
responsible manner?

Notes:

33

What are my greatest fears in life?

Notes:

34

How can I overcome my greatest fears in life?

Notes:

35

Am I attached to material things?

Notes:

36

Am I a confident person?

Notes:

37

Do I have high self-esteem?

Notes:

38

Am I affected by other people's
opinion of me?

Notes:

39

What are my strengths and weaknesses?

Notes:

40

Do I learn from my mistakes?

Notes:

41

Do I take the time to acknowledge
myself and my achievements?

Notes:

42

Do I have a non-judgmental
mindset?

Notes:

43

How do I feel about my
appearance?

Notes:

44

Am I authentically myself around
everyone in my life?

Notes:

45

How do I react when someone says
something negative about me?

Notes:

46

Do I like the job I currently have?

Notes:

47

What is one thing that I have never
told anyone about myself?

Notes:

48

Do I often tell people that I love and appreciate them?

Notes:

49

How can I unleash my full potential
in life?

Notes:

50

Do I believe that I can truly have
anything I desire in this life?

Notes:

51

What are my hobbies?

Notes:

52

Am I open to learning new things?

Notes:

53

Do I have any insecurities about
myself?

Notes:

54

What does true love mean to me?

Notes:

55

What is one word that describes me?

Notes:

56

Do I journal as often as possible?

Notes:

57

Is there any baggage I am carrying
from a negative incident that
occurred in life?

Notes:

58

Do I have faith that the universe is taking care of me and my needs?

Notes:

59

Who is the one person that helps the
best in me shine?

Notes:

60

Do I get enough exercise in a week?

Notes:

61

Do I feel good in the skin I am in?

Notes:

62

Would I consider myself an independent or dependent person?

Notes:

63

What does the ideal lifestyle look like?

Notes:

64

Who is the one person I can trust
in this life?

Notes:

65

Am I loyal to the people around
me?

Notes:

66

Is it easy for me to make new friends
and to meet new people?

Notes:

67

What or who do I have faith in?

Notes:

68

Do I consider myself a strong
person?

Notes:

69

Have I learned to be resilient in life?

Notes:

70

Do I underestimate myself and my abilities?

Notes:

71

How do I deal with constructive criticism?

Notes:

72

Do I have an internal or external
locus of control?

Notes:

73

Do I have strong interpersonal and communication skills?

Notes:

74

Am I afraid to share my thoughts
and opinions with other people?

Notes:

75

If the world was going to end tomorrow, what is the first thing I would do?

Notes:

76

Would I consider myself an
introvert or an extrovert?

Notes:

77

Have I learned how to be forgiving?

Notes:

78

What is something I want to change
or to see changed in the world?

Notes:

79

In general, do I express my gratitude
for the things and people I have in
my life?

Notes:

80

Do I feel like I have enough in life?

Notes:

81

Do I manage my time well
throughout my day?

Notes:

82

Do I spend enough time with family
and loved ones?

Notes:

83

Do I accept that sometimes I will
need to go with the divine flow in
life?

Notes:

84

What is the one failure that I have
learned from in life?

Notes:

85

What are some of my major achievements in the past year?

Notes:

86

Am I a mindful person?

Notes:

87

Am I comfortable asking for help
when I need it?

Notes:

88

Do I know how to process my
emotions after a negative
experience?

Notes:

89

What is my favorite memory?

Notes:

90

Do I have an ego?

Notes:

91

Is there any pain and trauma that I need to work on inside of my being?

Notes:

92

How do I respond to change?

Notes:

93

What brings me peace in life?

Notes:

94

Do I get a healthy amount of rest?

Notes:

95

What are some general expectations
I have from myself?

Notes:

96

If I could travel anywhere, where
would I go and why?

Notes:

97

What inspires me in life?

Notes:

98

Am I a patient person?

Notes:

99

Do I spend enough time outdoors in
nature?

Notes:

100

Do I have good listening skills?

Notes:
