



# My Prompt Journal

# Welcome to Your Wellness Journal

Journaling is one of the most powerful tools you can use on your path to wellness. Whether you're just beginning or have been exploring self-care for years, this journal offers a space for reflection, personal growth, and self-discovery. It's more than just putting thoughts to paper—it's about tapping into your inner voice, gaining clarity, and embracing what you need for your mental, emotional, and physical well-being.

The prompts within these pages are designed to meet you wherever you are on your journey. There's no right or wrong way to approach them. You might answer one prompt a day, or perhaps you'll feel inspired to complete several at once. Whatever feels right for you is the right way to use this journal.

Journaling helps us slow down, reflect, and become more mindful of our thoughts and emotions. It offers a safe space to explore what's really going on beneath the surface, uncovering insights that can help you grow in ways you may not have expected. Whether you're looking to relieve stress, cultivate gratitude, or simply check in with yourself, this journal is a place to connect deeply with your mind, body, and soul. And if you need more room to explore your thoughts—there are extra blank pages in the back, ready for whenever inspiration strikes.

Remember, this is your journey. Some days, you may feel like writing extensively, while other days, a few words will do. Trust in the process, embrace the moments of self-discovery, and know that each entry brings you one step closer to the life of balance and well-being you deserve.

And for all things wellness, head over to [ImperfectionWellness.com](https://ImperfectionWellness.com). You'll find the Imperfection Wellness Podcast, the Guided Meditation Podcast, and other free resources to help you on your wellness journey. Whether you're curious about learning Vedic Meditation or just looking for some extra tools to boost your well-being, there's something for everyone!

# *Journal prompts about yourself*

1) WHAT ARE YOU ADMIRING AND COMPLIMENTED FOR THE MOST?

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2) HOW DO YOU THINK YOU CAN MAKE YOUR LIFE MORE ENJOYABLE?

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3) WHAT DOES SUCCESS MEAN TO YOU?

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4) WHAT IS THE BEST ADVICE YOU HAVE EVER RECEIVED?

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5) WHAT ADVICE WOULD YOU GIVE TO YOUR YOUNGER SELF?

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6) WHAT ARE THREE THINGS YOU ARE GRATEFUL FOR, AND WHY?

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7) WHAT DO YOU LOVE THE MOST ABOUT YOURSELF?

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8) WHAT ARE YOUR NON-NEGOTIABLE BOUNDARIES IN LIFE?

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9) WHAT DO YOU DO WHEN YOU ARE STRUGGLING TO SUPPORT YOURSELF?

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10) WHAT IS THE FIRST THING YOU DO WHEN YOU WAKE UP IN THE MORNING TO SUPPORT YOUR WELLNESS?

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11) WHEN DO YOU FEEL THE MOST CREATIVE?

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12) WHAT BRINGS YOU A SENSE OF PEACE OR CALM?

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13) WHEN DO YOU FEEL THE MOST PRODUCTIVE?

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14) WHAT MOTIVATES YOU?

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15) WHAT MAKES YOU FEEL THE MOST AT HOME?

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16) WHAT IS SOMETHING YOU'D LIKE TO IMPROVE ON?

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17) WHAT IS YOUR BEST ATTRIBUTE?

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18) WHAT IS YOUR FONDEST MEMORY?

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19) WHAT MAKES YOU SMILE?

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20) WHAT IS THE ONE THING YOU CANNOT LIVE WITHOUT?

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21) HOW WOULD YOU DESCRIBE YOURSELF?

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22) WHAT IS THE BIGGEST LESSON THAT YOU HAVE LEARNED FROM LIFE?

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23) WHO IS THE PERSON YOU LOOK UP TO THE MOST?

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24) WHAT MAKES YOU FEEL THE MOST AT PEACE?

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25) WHAT DO YOU WANT TO BE SEEN OR RECOGNIZED AS?

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26) WHAT IS THE ONE THING YOU NEED TO LET GO OF?

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27) WHAT IS A SONG THAT DEFINES THE REAL YOU AND WHY?

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28) WHAT MAKES YOU LAUGH?

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29) WHAT DO YOU ENJOY DOING THAT MAKES YOU LOSE TRACK OF TIME?

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30) HOW DO YOU APPROACH CHALLENGES IN LIFE?

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31) WHAT IS AN ADVENTURE YOU'VE ALWAYS DREAMED ABOUT?

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32) WHAT ARE THREE THINGS THAT MAKE YOU FEEL ENERGIZED?

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33) WHAT IS ONE SMALL HABIT YOU COULD CHANGE TO FEEL HEALTHIER?

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34) WHAT IS YOUR DREAM VACATION?

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35) IF ALLOWED TO CHANGE ONE THING ABOUT YOURSELF, WHAT WOULD IT BE AND WHY?

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36) HOW DO YOU APPROACH CHALLENGES IN LIFE?

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37) WHAT IS SOMETHING YOU DO FOR YOUR SELF-CARE THAT YOU ENJOY?

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38) WHAT DOES SUCCESS LOOK LIKE FOR YOU TODAY?

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39) WHICH ONE WOULD YOU CHOOSE – A WELL-PAYING JOB YOU HATE OR A LOW-PAYING ONE YOU LOVE? WHY?

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40) HOW DO YOU FEEL AFTER SPENDING TIME WITH YOUR CLOSEST FRIENDS?

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41) WHEN DO YOU FEEL MOST CONNECTED WITH YOURSELF?

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42) WHAT ACTIVITIES MAKE YOU FEEL FULLY PRESENT IN THE MOMENT?

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43) HOW DO YOU RECHARGE WHEN YOU FEEL OVERWHELMED?

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44) WHAT LIMITING BELIEFS MIGHT BE HOLDING YOU BACK?

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45) WHAT IS YOUR BIGGEST ACHIEVEMENT?

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46) HAS ANYTHING CHANGED YOUR OUTLOOK ON LIFE?

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47) WHAT MAKES YOU JUMP WITH EXCITEMENT?

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48) DO YOU THINK YOU ARE GOOD AT MAKING DECISIONS? HOW CAN YOU IMPROVE?

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49) WHAT IS ONE AREA OF YOUR LIFE YOU'D LIKE TO FOCUS ON IMPROVING?

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50) WHAT DO YOU CONSIDER THE MOST IMPORTANT THING IN LIFE?

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51) DO YOU THINK YOU ARE FOCUSED? HOW CAN YOU IMPROVE?

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52) WHAT IS THE PROUDEST MOMENT IN YOUR LIFE?

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53) LIST SOME PERSONAL DETAILS ABOUT YOU FEW PEOPLE ARE AWARE OF.

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54) WHAT CAN YOU DO TO CHANGE THE WORLD?

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55) WHAT IS SOMETHING NEW THAT YOU DISCOVERED ABOUT YOURSELF?

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56) WHAT IS THE PART OF THE DAY YOU ARE HAPPIEST? WHY?

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57) WHAT IS ONE THING IN YOUR LIFE YOU DON'T WANT TO GIVE UP? WHY?

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58) WHAT MAKES YOUR FAVORITE SEASON SO SPECIAL?

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59) WHAT MAKES YOUR FAVORITE HOLIDAY SO SPECIAL?

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60) HOW DOES SPENDING TIME IN NATURE AFFECT YOUR MOOD?

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61) WHAT DO YOU DO TO PRACTICE KINDNESS TO YOURSELF?

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62) WHEN WAS THE LAST TIME YOU FELT AT PEACE AND WHAT CONTRIBUTED TO IT?

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63) WHAT ROLE DOES GRATITUDE PLAY IN YOUR LIFE?

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64) WHAT IS ONE WAY YOU CAN BE MORE PRESENT IN YOUR DAILY LIFE?

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65) WHICH ANIMAL REPRESENTS YOU THE BEST? WHY?

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66) HOW TRUTHFUL ARE YOU IN DAILY LIFE? DO YOU THINK YOU CAN DO BETTER?

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67) ARE YOU A FORGIVING PERSON? IS THERE ANY SCOPE FOR IMPROVEMENT?

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68) HOW EASILY DO YOU FORGIVE YOURSELF?

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69) ARE YOU A LEADER OR A FOLLOWER? ARE YOU HAPPY WITH YOUR PRESENT MINDSET?

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70) WHAT IS YOUR STRATEGY TO MANAGE FEAR?

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71) HOW OFTEN DO YOU BRING OUT YOUR CREATIVE SIDE? DO YOU HAVE TROUBLE WITH THIS?

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72) DOES ASKING FOR HELP COME NATURALLY TO YOU? DO YOU THINK YOU NEED TO WORK ON THIS?

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73) HOW DOES YOUR PHYSICAL ENVIRONMENT IMPACT YOUR MENTAL STATE?

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74) WHAT ARE YOU THE MOST PASSIONATE ABOUT?

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75) HOW CONFIDENT ARE YOU ABOUT YOUR CAPABILITIES?

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76) WHAT DOES BALANCE LOOK LIKE FOR YOU IN YOUR LIFE?

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77) WHAT CAN YOU DO TO LOVE YOURSELF MORE, WARTS AND ALL?

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78) WHAT ARE YOUR GO-TO ACTIVITIES WHEN YOU NEED TO RELAX?

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79) HOW DO YOU DEFINE SUCCESS IN TERMS OF YOUR WELL-BEING?

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80) DO YOU THINK OF YOURSELF AS A PATIENT PERSON? WHY?

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81) WHAT PERSONAL VALUES ARE MOST IMPORTANT TO YOU AND WHY?

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82) HOW IMPORTANT IS WORK IN YOUR LIFE?

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83) ARE YOU IN THE HABIT OF DAYDREAMING? WHAT ABOUT AND WHY?

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84) WHAT IS SOMETHING YOU DID RECENTLY THAT YOU ARE PROUD OF?

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85) WHAT WAS THE MOST IMPORTANT DECISION YOU EVER MADE IN LIFE?

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86) WHAT MAKES YOU UNIQUE AND WHY?

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87) ARE YOU AWARE OF YOUR BELIEFS? DO YOU FOLLOW THEM?

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88) DO YOU CONSIDER YOURSELF AN EXTROVERT OR AN INTROVERT? WHY?

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89) WHAT WAS THE MOST DIFFICULT CHOICE YOU HAVE EVER MADE?

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90) DO YOU THINK YOUR LIFE IS TOO FAST-PACED OR TOO SLOW?

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91) HOW GOOD ARE YOU AT PROBLEM-SOLVING? WHY?

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92) DO YOU THINK YOU ARE KIND AND COMPASSIONATE WITH YOURSELF?

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93) DO YOU EMPATHIZE WITH OTHERS?

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94) WHAT BRINGS YOU A SENSE OF ACCOMPLISHMENT?

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95) WHEN WAS THE LAST TIME YOU DID SOMETHING THAT BROUGHT YOU JOY?

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96) HOW DO YOU SUPPORT OTHERS WHILE ALSO TAKING CARE OF YOURSELF?

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97) WHAT IS THE MOST INSPIRATIONAL QUOTE YOU HAVE COME ACROSS?  
WHAT DOES IT MEAN TO YOU?

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98) WHAT IS THAT ONE WORD THAT SUMS UP YOURSELF? WHY?

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99) WHAT IS ONE THING YOU CAN FORGIVE YOURSELF FOR TODAY?

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100) HOW OFTEN DO YOU VENTURE OUTSIDE YOUR COMFORT ZONE? HOW DOES THAT MAKE YOU FEEL?

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101) WHAT DOES INNER PEACE MEAN TO YOU?

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102) HAVE YOU EVER PAUSED A FACET OF YOUR LIFE? WHY?

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103) DO YOU FEEL YOUNGER OR OLDER THAN YOUR REAL AGE? WHY?

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104) HOW DO YOU PRIORITIZE WHAT BRINGS YOU JOY?

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105) WHAT MAKES LIFE WORTH LIVING?

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106) ON A SCALE OF 1-10, HOW DO YOU RATE YOUR ABILITY TO PERSIST AND PERSEVERE AND WHY?

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107) WHAT ACTIVITIES OR HOBBIES MAKE YOU FEEL THE MOST ALIVE?

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108) IS IT CHALLENGING FOR YOU TO ADMIT YOUR MISTAKES?

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109) WHICH PART OF YOUR LIFE DO YOU THINK YOU NEED TO DEVOTE MORE TIME TO?

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110) HOW GOOD ARE YOU AT TIME MANAGEMENT? HOW CAN YOU IMPROVE?

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111) WHAT DOES "LETTING GO" MEAN TO YOU?

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112) WHAT IS A RECENT CHALLENGE AND WHAT DID YOU LEARN?

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113) WHAT IS THE ONE CAUSE THAT YOU SUPPORT? WHY?

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114) WHAT INSPIRES YOU TO KEEP GOING WHEN THINGS GET TOUGH?

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115) WHAT DO YOU CONSIDER YOUR MOST PRIZED POSSESSION? WHY?

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116) WHAT'S ONE AREA WHERE YOU'D LIKE TO GROW AND WHY?

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117) WHAT IS ONE THING YOU FIND DIFFICULT TO UNDERSTAND?

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118) DO YOU THINK YOU NEED TO BE RICH TO BE TRULY HAPPY? EXPLAIN.

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A full-page background image featuring a sunset over rolling hills. The sky transitions from a deep teal at the top to a bright orange at the horizon. The hills in the foreground are silhouetted against the bright light of the setting sun.

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