

# humantold

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## Self-Discovery Journal Prompts

What do I think about my daily habits?

Name at least three things that make you feel proud.

What do I like most about my life?

What do I need to let go of?

What's the root of my most recurrent feeling?

What do I need more of in my life? Why?

What do I think my most powerful trait is?

What recharges me the most?

What are three things I want to tell my future self?

When times get rough, what is something to remind yourself of?

Name a time when your mental health suffered, but you improved it. What helped?

What does your perfect day look like? Describe it in detail.