

# Journal Prompts for Self-Discovery

- One thing most people don't know about me is...
- Has there been a time when I accomplished something I didn't think I could? What helped me be able to accomplish it?
- How do I comfort yourself when I'm sad?
- What would I change about my high school experience?
- What is the best quality about myself?
- Who are 3 people I admire? What are some of the qualities they share? Can I incorporate some of those qualities into my own life?
- In my opinion, what is the greatest threat to our world right now? How can I take action and make an impact?
- Is there a person or situation that always makes me angry?
- How well do I accept ideas or suggestions from others? In what way could I improve on this?
- How will I know if I've "succeeded" in life?
- Who do I have in my life who truly cares for me? How do they demonstrate this caring?
- When do I feel the most calm?
- Are sports an important part of the high school experience? Why or why not?
- What do other people say my best qualities are? Do I agree with them?
- What values are most important to you? Does the way you're living your life reflect that? What do I feel the most passionate about? Is there a type of physical activity I enjoy? (Even if it's just walking or dancing around your house)

Choosing Your Battles