

# Journaling Prompts for Self-Awareness

Use these prompts to reflect, grow, and align your life with your God-given purpose.

## Daily Check-In

- What emotion have I felt most often today?
- What is something I learned about myself today?
- What drained my energy today--and what gave me life?

## Weekly Reflection

- Where did I feel most like myself this week?
- Was there a moment I wish I could redo? Why?
- What decision or action felt most aligned with my values?

## Personal Growth

- What belief about myself might be holding me back?
- Where in my life do I need to practice more courage or honesty?
- What's one area I've seen growth in over the past month?

## Spiritual Awareness

- Where did I notice God's presence recently?
- What might the Holy Spirit be inviting me to surrender or trust?
- What scripture, truth, or word keeps resurfacing in my life?

## Forward Focus

- What do I need more of in this season--rest, challenge, connection, solitude?
- What's one step I can take this week to live more on purpose?
- What do I want to remember tomorrow that I've learned today?

## Tip

- Don't overthink it. Write freely. Honesty leads to clarity. Clarity leads to transformation.