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52 Weeks of Self-Discovery Prompts for Your Bullet Journal. What is your favorite physical characteristic (face or body)? Describe a time you felt proud of that feature. What physical characteristics are you most self-conscious about? How could you make peace with those? What is your greatest strength? Describe a time this strength served you well.

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13. Journal about a secret you have with yourself (that you have not told anyone). Write or journal about it visually. This will help reduce its charge over you and gain some insights into it. 14. Imagine a perfect date with a romantic partner (that you have or wish to have). Write it in detail.

15 Journaling Ideas for Self-Discovery, Healing, and Fun

*Updated with NEW prompts on 6 March 2018. One of the hardest things about writing is coming up with something to write about, which is why Iâ€™ve brainstormed a list of 105 writing prompts to guide you in self-reflection and self-discovery.

105 Writing Prompts to Guide You in Self-Reflection and

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