

JOURNAL PROMPTS TO *MEET YOUR TRUE SELF*

- Describe a pivotal moment in your life that changed your perspective on everything. How did it impact your choices and values?
- Reflect on your earliest childhood memory. What emotions and lessons can you draw from it?
- What was a challenging experience that pushed you to grow/made you stronger? What did you learn from it?
- Describe your relationships with your parents and/or caregivers growing up. How do you feel like that shaped who you became?
- What was your favorite way to spend time as a kid? How can you reconnect to that childlike playfulness and fun?
- If you could relive any day from your past, which day would it be, and why?
- Outside of your family, who had a major impact on you growing up? (Teachers, coaches, friend's parents, etc.)
- What were your favorite school subjects growing up? Do you still love learning about those things?
- Write about a book, movie, or piece of art that touched you deeply. What themes or messages stuck with you?
- Describe a defining moment in your life. What makes it feel so significant?

True And The Questions Journal

Emilie Sanchez



True And The Questions Journal:

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