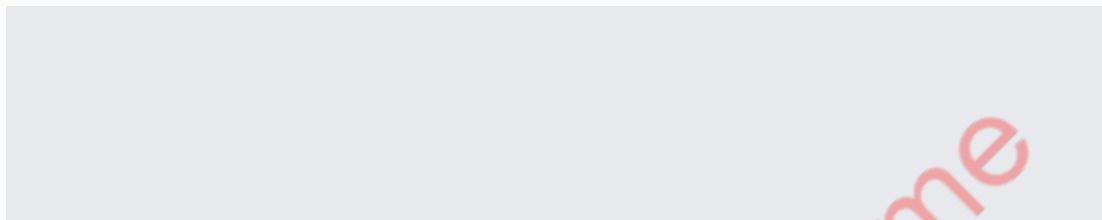




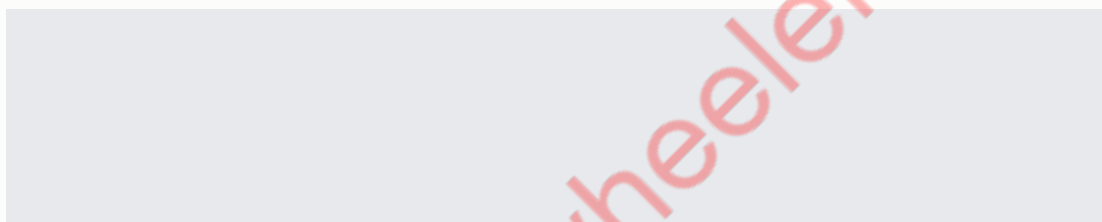
<http://charliwheeler.me>  
[www.coachingwithcharli.com](http://www.coachingwithcharli.com)

# 50 Journal Prompts for Growth Mindset

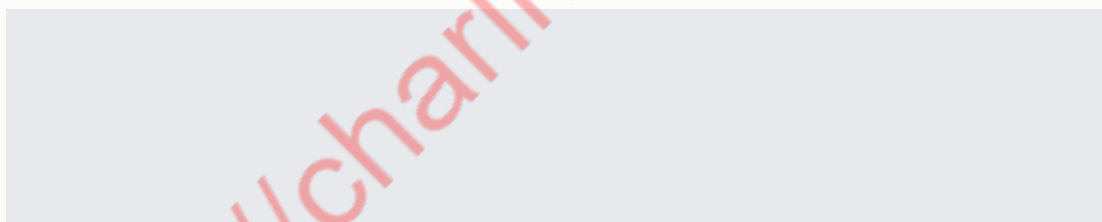
1. What is it that makes me doubt myself?



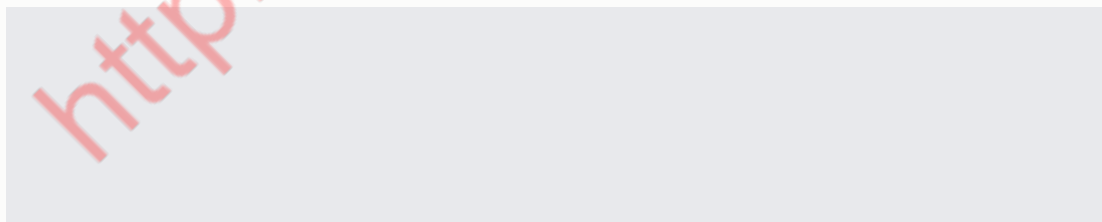
2. How can I show myself respect?



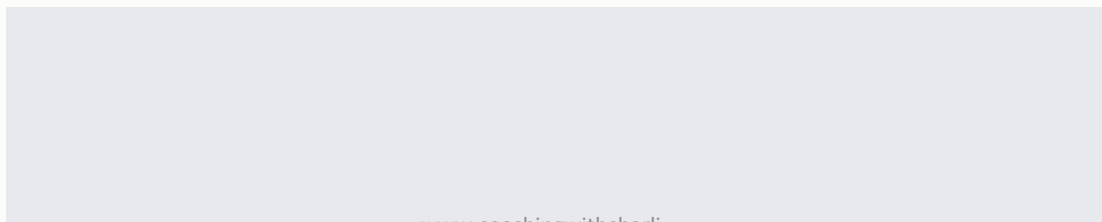
3. What keyways can I show love to myself?



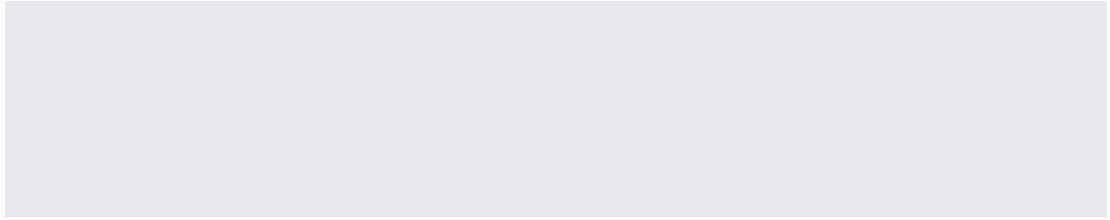
4. What is one thing I need to let go of?



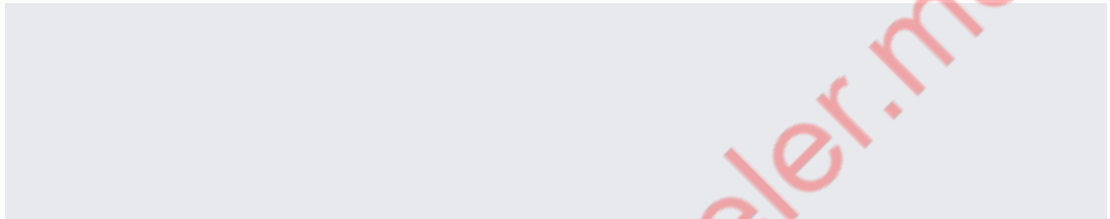
5. How would my ideal day look?



6. What habits do I need to adopt to change?



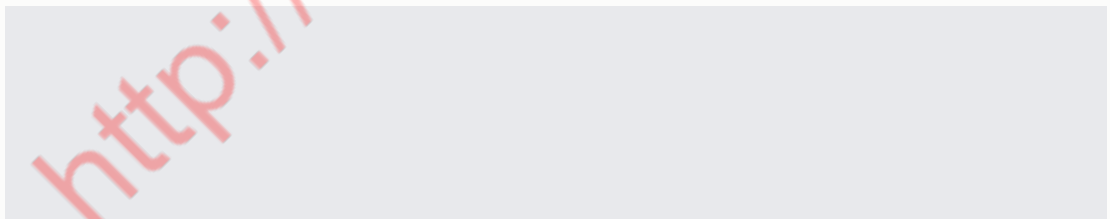
7. The things that get me most excited in life are...



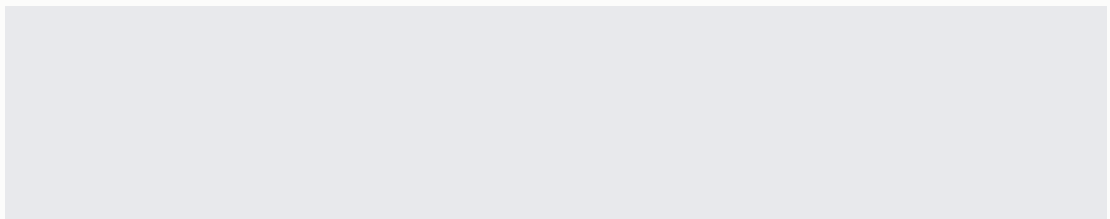
8. Which people in my life make me happiest?



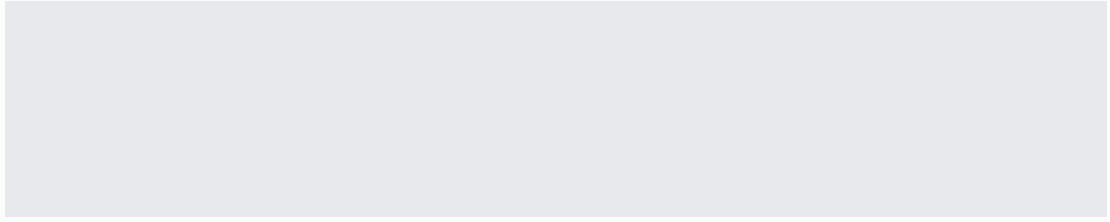
9. Which people in my life make me happiest?



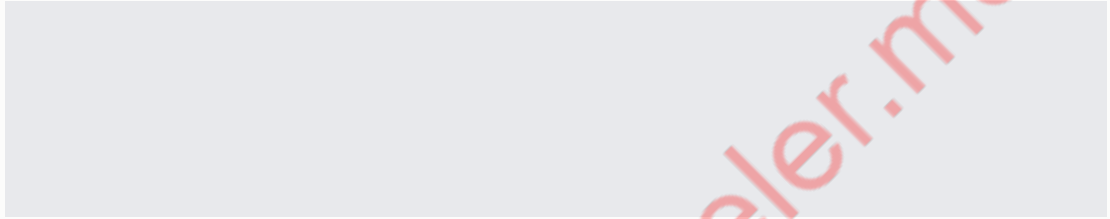
10. Do I let other people's actions influence what I do?



11. I am my truest self when...



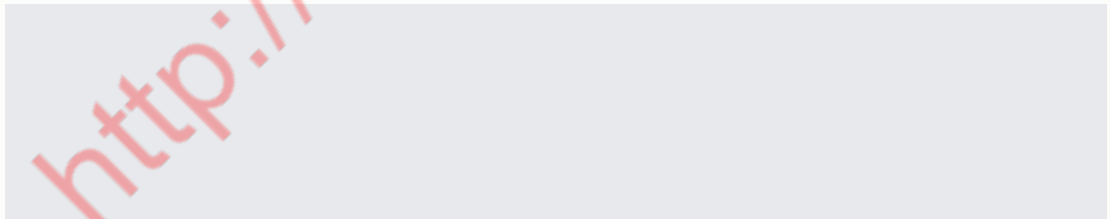
12. Write about the way you usually make decisions



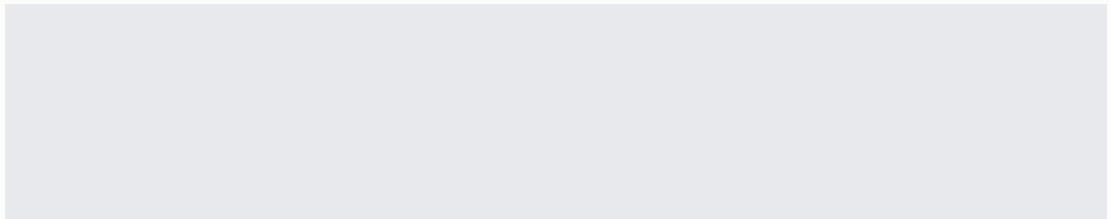
13. Write down your biggest goal in life and the things you can do daily to reach it



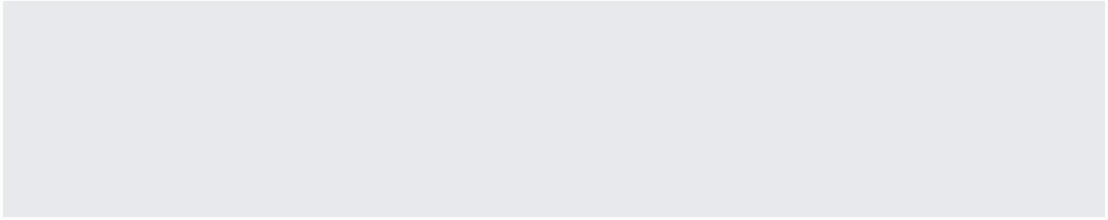
14. Do my thoughts tend to focus on the past, present or future?



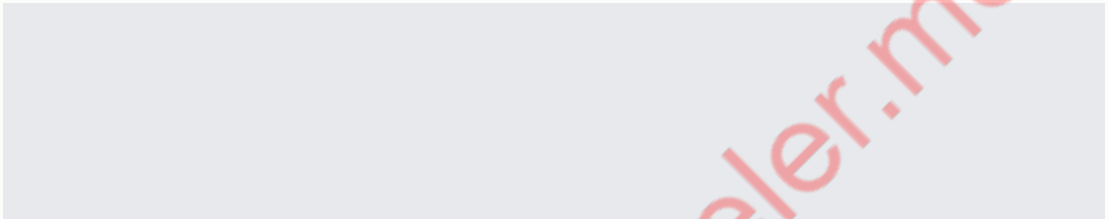
15. Write a letter to someone who isn't in your life anymore. What is it you wish you could tell them?



16. Do I have a good support network around me?



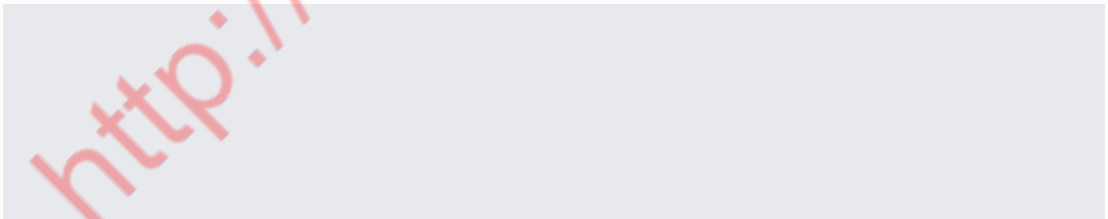
17. How flexible am I in my quest for success?



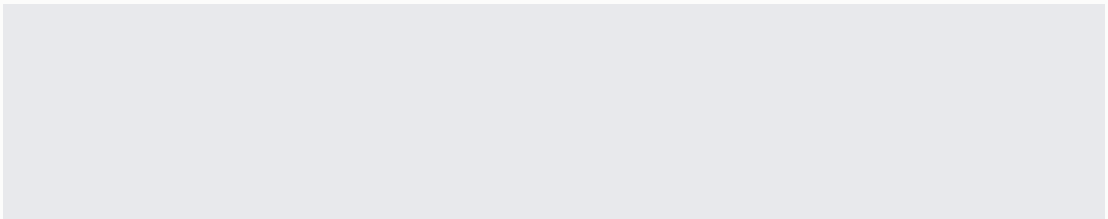
18. One thing I would love to learn more about is...



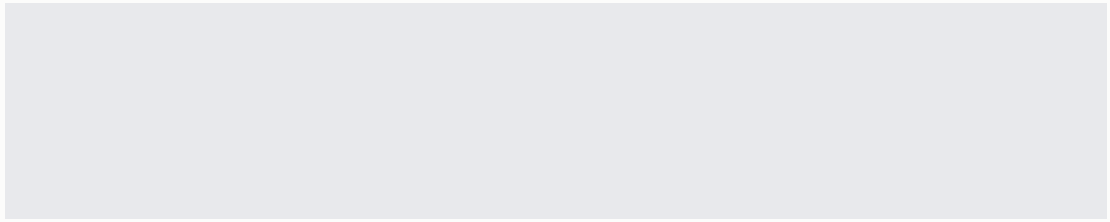
19. The main things I love about myself are...



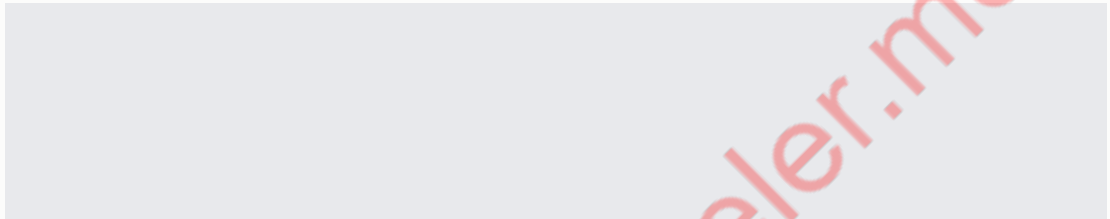
20. Do I let other people's actions influence what I do?



21. What would I do if I wasn't afraid?



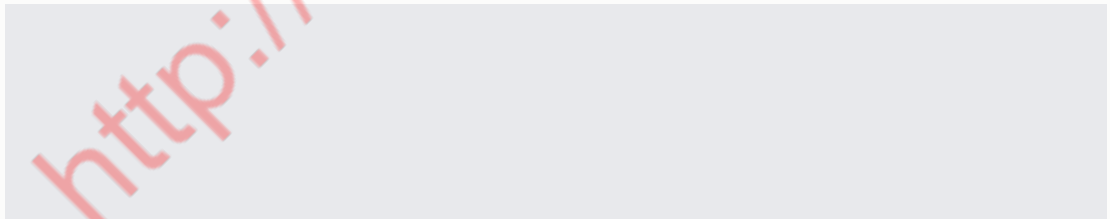
22. Why do you compare yourself to others?



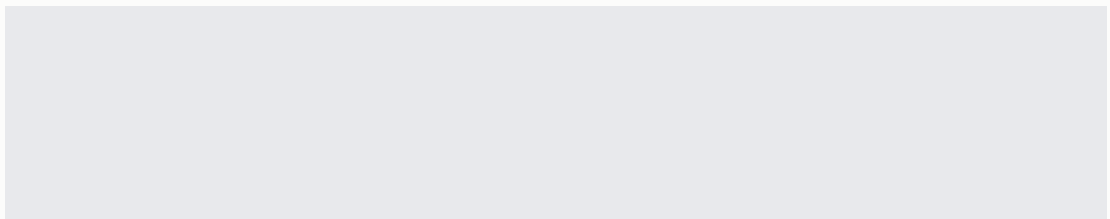
23. What can I learn from previous bad experiences?



24. Three things I am grateful for right now are...



25. What are the biggest lies my inner critic tells me?



26. What would I do if I wasn't afraid?

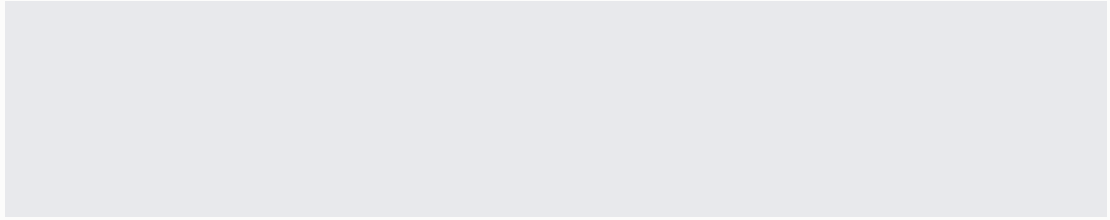
27. Why do you compare yourself to others?

28. What can I learn from previous bad experiences?

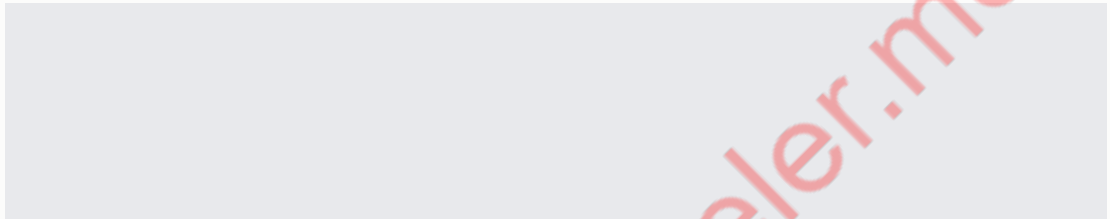
29. Three things I am grateful for right now are...

30. Three things I am grateful for right now are...

31. The main thing holding me back right now is...



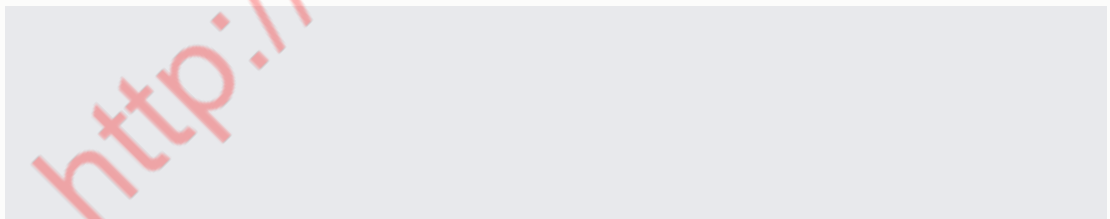
32. How can I show myself that I am worthy of living my best life?



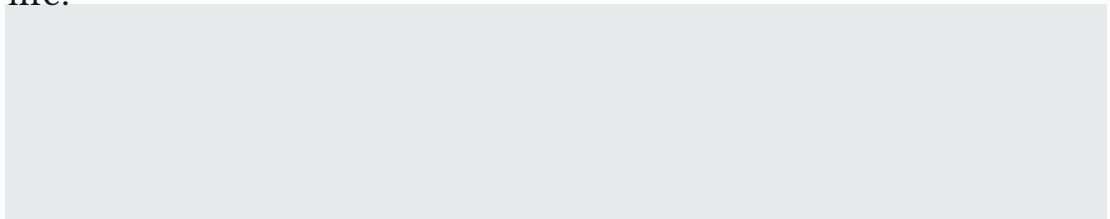
33. How can I take more responsibility for what is happening in my life?



34. How can I take more responsibility for what is happening in my life?

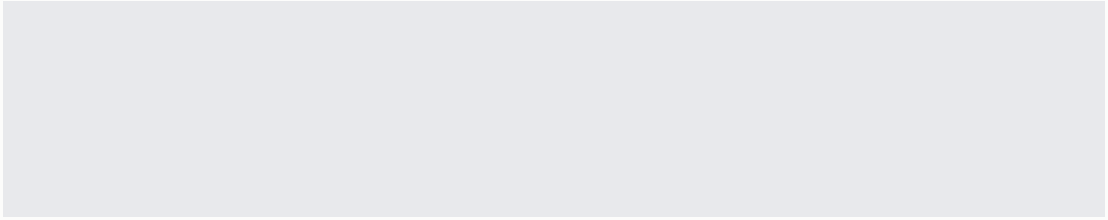


35. How can I take more responsibility for what is happening in my life?

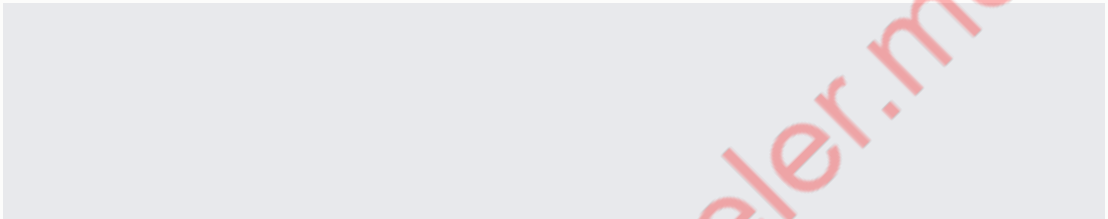




36. What change am I currently resisting against?



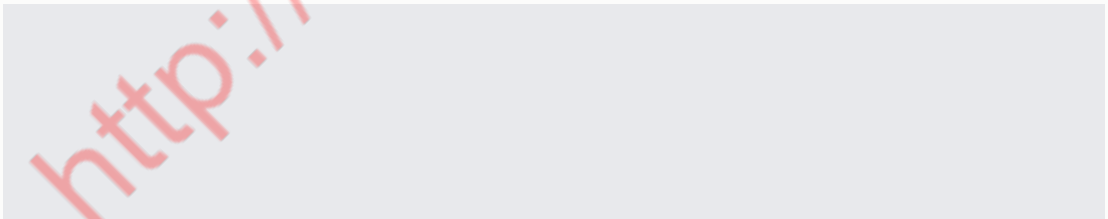
37. If someone were giving me advice about my current situation, they would say...



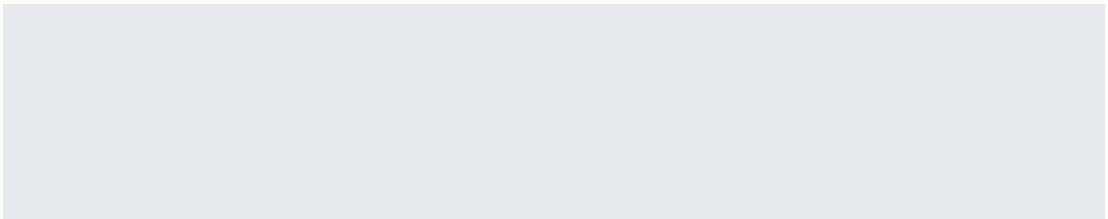
38. What advice would I give to somebody in the same position?



39. What advice would I give to somebody in the same position?



40. My biggest self-sabotaging habits are:



41. Write about something you achieved that you didn't think you would. What can you learn from this experience?

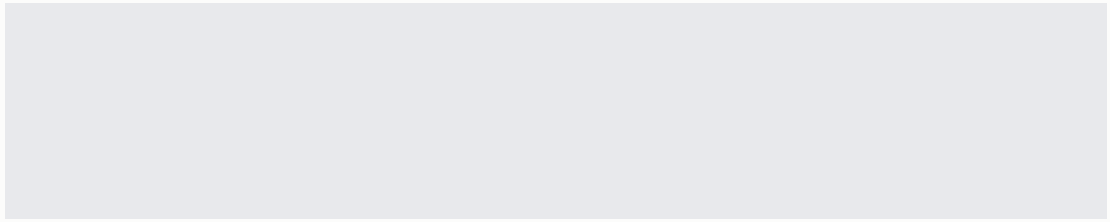
42. My biggest strengths are...

43. My main weaknesses are...

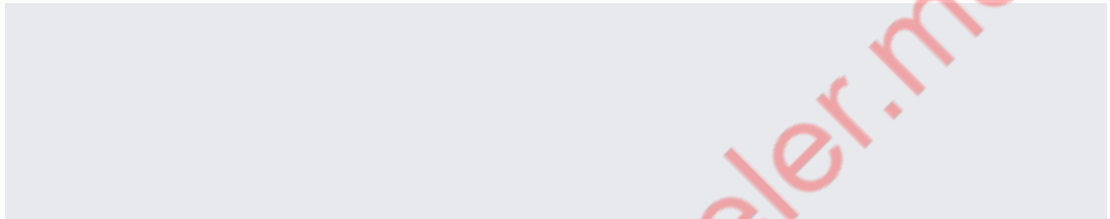
44. What can I do today to make it a better day?

45. What is the one thing that makes me happiest?

46. What is the one thing that makes me happiest?



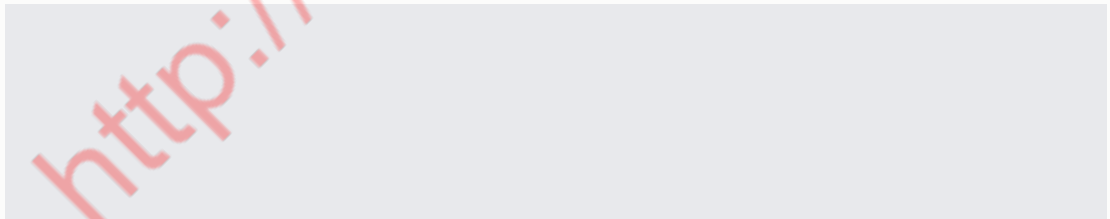
47. My core values are....



48. Am I living in accordance with my core values?



49. The main things that drive me are...



50. How much time do I spend on personal growth right now?

