

50 Future Self Journal Prompts for Goal Setting & Success

Vision & Identity: Future Self Journal Prompts

Before you can reach your goals, you must clearly see the person you are becoming. Use these future self journal prompts to define your vision.

1. Imagine yourself five years from today. Where are you living, and what does your morning routine look like?
2. What are three values that your "future self" prioritizes that you currently struggle with?
3. If your "future self" could give you one piece of advice right now, what would it be?
4. What is one "limiting belief" you hold today that your future self has completely outgrown?
5. How does your future self handle stress and setbacks differently than you do now?
6. Describe the quality of your relationships in five years. Who are you surrounded by?
7. What does your physical health and energy level look like in your "ideal" future?
8. If you were to walk into your future self's home, what is the "feeling" or "vibe" of the space?
9. What are you most proud of having achieved in the next three years?
10. Write a letter from your 80-year-old self to your current self about what *truly* mattered in life.

Strategy & Action: Goal Setting Journal Prompts

Turning a vision into reality requires structured planning. Use these goal setting journal prompts and journal prompts for goals to build your roadmap.

11. What is one "big, hairy, audacious goal" you've been too afraid to say out loud?
12. List three "micro-habits" you can start tomorrow that will serve your five-year plan.
13. What is the biggest obstacle standing between you and your goal, and how can you overcome it?
14. How will you measure your progress? (List three specific milestones).
15. What are you willing to sacrifice in the short term to achieve your long-term success?
16. If you only had six months to achieve your one-year goal, what would you do differently?
17. What is a skill you need to master to reach the next level of your career?
18. How does your "ideal" daily schedule differ from your current one?
19. What is one thing you need to start saying "no" to so you can focus on your goals?
20. Who is someone who has achieved what you want? What can you learn from their journey?

Success & Manifestation Journal Prompts

Aligning your energy and mindset with your goals is key to sustained motivation. Use these success journal prompts and manifestation journal prompts to stay inspired.

21. What does "success" mean to you personally, independent of money or status?
22. Describe the feeling of achieving your biggest goal. Use all five senses.
23. What is one thing you can do today to act "as if" you have already reached your goal?
24. Write about a time you achieved something difficult. What did that experience teach you about your power?
25. How do you want to feel when you look back at this current chapter of your life?
26. What is the "abundance" you are currently manifesting in your career or personal life?
27. How will achieving your goals allow you to help or serve others?
28. What is a mantra or affirmation that makes you feel unstoppable?
29. If money were no object, how would you be using your talents to improve the world?
30. What is the one word that defines your path to success this year?

Daily Future-Focus & Growth Prompts

31. What was one small step I took today toward my "future self"?
32. Did I make any decisions today based on my "old" self rather than my "new" self?
33. What is one thing I am grateful for today that my future self will be proud of?
34. How did I handle a challenge today that proved my resilience?
35. What is a dream I had recently that feels connected to my goals?
36. Who did I connect with today who inspires me?
37. What is one "distraction" I avoided today?
38. How can I make tomorrow 1% more aligned with my future vision?
39. What is a "win" from today that I want to celebrate?
40. What is one thing I want to "let go of" tonight so I can wake up focused?
41. What does my "Wise Mind" tell me about my current pace?
42. How am I investing in my growth this week?
43. What is the most exciting thing about my future?
44. How did I practice "self-discipline" today?
45. What is a question I am currently seeking an answer to for my career?
46. Describe a moment today when I felt truly "in the flow."
47. What is a luxury I want to work toward?
48. How did I honor my values today?
49. What is one thing I would do if I knew I couldn't fail?
50. What is the first thing my future self does when they wake up?