

# **65 Journal Prompts to Figure Out Who You Are & Find Your Purpose**

## **Authentic Self Journal Prompts for Deep Identity Work**

Before you can find your purpose, you must understand who is doing the seeking. Use these journal prompts for identity to reveal your core.

1. Who are you when you are completely alone and no one is watching?
2. What are the three most important values that you refuse to compromise on?
3. Describe a time you felt like a "fake." What were you trying to hide?
4. If you had to describe yourself without using your job title or family roles, what would you say?
5. What "masks" do you wear in social situations to feel accepted?
6. What is one personality trait you've suppressed because you were told it was "too much"?
7. What does "integrity" feel like in your body?
8. If you could go back to any age for one hour, which would it be and why?
9. What are the three biggest "shoulds" currently running your life?
10. How much of your current identity is built on trying to please your parents?
11. What is a truth about yourself that you are finally ready to speak out loud?
12. If you were a color, what shade would you be today and why?
13. Describe your "ideal self." How is that person different from who you are today?
14. What are you most proud of that has nothing to do with money or status?
15. What is the one thing you want to be remembered for above all else?

## **Journal Prompts to Find Your Purpose and Passion**

Purpose is often found at the intersection of your talents and the world's needs. Use these journal prompts to find your purpose to clarify your mission.

16. What is a problem in the world that makes you feel genuinely angry or motivated?
17. What activity makes you lose all track of time?
18. If you were guaranteed success, what is the "boldest" thing you would do with your life?
19. What did you love to do as a child before the world told you to "grow up"?
20. Who are the three people you admire most, and what specific traits do they share?
21. What is a skill that comes easily to you but seems difficult for others?
22. If you had 100 million dollars, how would you spend your Tuesday afternoons?
23. What are you willing to suffer for? (e.g., creative struggle, physical training, helping others).
24. What is the most meaningful compliment you have ever received?

25. Describe a moment when you felt a "click"—a sense that you were exactly where you belonged.
26. If you could teach a class on any subject, what would it be?
27. What is the legacy you want to leave for the next generation?
28. How can you use your unique "darkness" or past trauma to help others heal?
29. What does a "successful life" look like to you, regardless of societal standards?
30. If you died tomorrow, what would be your biggest regret regarding your potential?

## Journal Prompts to Figure Out What You Want in Life

Clarity comes from making choices. Use these journal prompts to figure out what you want to design your future.

31. If you could change one thing about your current daily routine, what would it be?
32. Describe your "perfect day" from the moment you wake up to the moment you go to sleep.
33. What does "freedom" mean to you in practical, daily terms?
34. What are you currently saying "yes" to that you wish you could say "no" to?
35. If you could move to any city in the world tomorrow, where would you go?
36. What is a luxury you want to be able to afford (time, travel, items, peace)?
37. How do you want to feel when you wake up on a Monday morning?
38. What kind of people do you want to be surrounded by in five years?
39. What is a hobby you've always wanted to try but felt "too old" or "too busy" for?
40. How much "quiet time" do you actually need in a week to feel sane?
41. What is a dream you've given up on that you want to reignite?
42. What does "financial security" mean to you personally?
43. If you could have any job in the world for one week, what would it be?
44. What is one habit you want to quit that is holding you back from what you want?
45. What is the one "big risk" you know you need to take?

## Daily Identity & Purpose Check-Ins

Use these shorter finding yourself journal prompts for daily maintenance of your authentic path.

46. What was the most "authentic" moment of my day today?
47. Did I make any decisions today based on fear of judgment?
48. What is one thing I learned about my needs today?
49. How did I move closer to my "purpose" today, even in a small way?
50. What made me feel energized today?
51. What made me feel drained today?
52. Who did I compare myself to today, and why?
53. What is one thing I am grateful for that is unique to my life?

54. How did I show up for myself today?
55. What is a question I am currently seeking an answer to?
56. What does my "Wise Mind" want me to know right now?
57. What is a small win I had today?
58. How did I practice my core values today?
59. What is a dream I had last night (or recently) that felt significant?
60. What is one thing I can do tomorrow to be more "me"?
61. What is the most beautiful thing I saw today?
62. How did I handle a challenge today?
63. What is a mantra that is helping me right now?
64. What is one thing I want to "let go of" before I sleep?
65. What is the one word that describes my identity today?

