







## 80 Insightful Journal Prompts for Self Discovery and Awareness

Self reflection is such a huge part of personal growth that should never be understated.

Without having an awareness and understanding of our thoughts, feelings and behaviours, we're unable to hold ourselves accountable and take the steps necessary to grow within ourselves.

Which is why I find insightful journal prompts for self discovery so transformational.



I know from my experience that journaling is a powerful tool to develop this level of self awareness, but that it's not always easy to know what to journal about to get that transformation.

That's where insightful journal prompts like the ones in this post come in.

Journal prompts for self discovery can play a powerful role in allowing us to look deep within when we're struggling to find the answers.

I'm sharing some of my favourite self reflection journal prompts with you in this post so that you too can reap the benefits of journaling for personal growth!

Keep on reading to find out more about using self awareness journal prompts to get the most from your personal growth journey.



