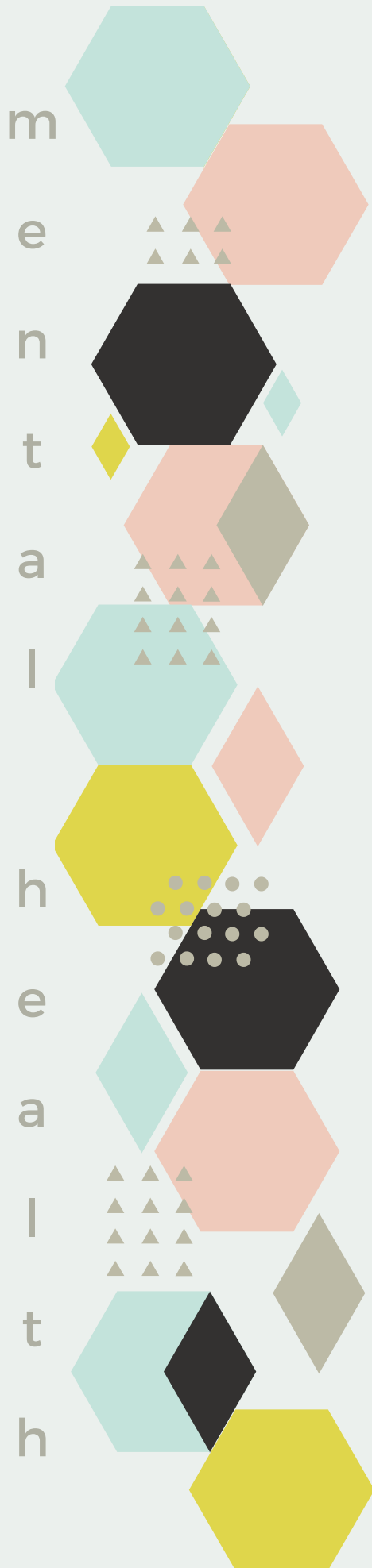


journal prompts



- who do you feel most 'at ease' around? write about them - why do you feel like this when you're with them?
- pen an open letter to future you
- write an open letter to your younger self
- what is your biggest regret in life? how has it shaped the person you have become?
- what are your main coping mechanisms & are they helpful?
- describe your perfect day in detail
- what are your 5 favourite songs? why do they mean so much to you?
- list your favourite books and write about why you like them
- who hurt you the most? write about the way in which they have hurt you and how you feel about them. let all your emotions out.
- what is your biggest worry in life?
- Write about the best day of your life so far - describe your emotions, why is it your happiest day?
- Who or what motivates you the most?
- If you had no barriers, what type of person would you be? Describe yourself, and think about how you could work towards being that person.