



40 JOURNAL PROMPTS

for Self-Discovery

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Welcome to Self-Improvement 101

**THANK YOU SO MUCH FOR
BEING PART OF OUR TEAM!**

These journal prompts were designed for my Team-Concessioners to help you think a bit deeper about those pillars I talk about in my post ["10 Pillars to Self-Discovery."](#) These questions will help get you started on your journey towards personal development.

Listen friends, I'm a blamer by trade. Back in the day, I spent an embarrassing amount of time thinking that my unhappiness and problems were someone else's fault. When I finally made the decision to put down the magnifying glass and pick up the mirror, true transformation began. I hope these questions will encourage you to look inward, set your sights on your aspirations, and embrace the journey to becoming your best self.

REMEMBER: If you need additional illustrations of how all this is applicable to real life, I've included Confessions post links for each pillar. Please be sure to click those links if you need them.

Now...it's time to start discovering!

Pillar 1: Self-Awareness

1. WHAT ARE THREE CORE VALUES THAT ARE MOST IMPORTANT TO YOU?

2. HOW DO YOUR DAILY ACTIONS ALIGN WITH YOUR CORE VALUES?

3. WHAT ARE YOUR STRENGTHS, AND HOW CAN YOU UTILIZE THEM MORE?

4. IN WHAT AREAS DO YOU FIND YOURSELF STRUGGLING, AND WHAT STEPS CAN YOU TAKE TO GET MORE SUPPORT?

[Link: Responsibility - Teaching Everyone in My Family How To Be Happy](#)

Pillar 2: Goal Setting

1. WHAT ARE YOUR LONG-TERM GOALS FOR THE NEXT FIVE YEARS?

2. WHAT ARE THE SHORT-TERM GOALS THAT WILL LEAD YOU TO YOUR LONG-TERM GOALS?

3. WHAT IS ONE GOAL YOU CAN SET THIS MONTH TO IMPROVE YOUR WELL-BEING?

4. HOW DO YOU PLAN TO MEASURE YOUR PROGRESS TOWARDS THESE GOALS?

[Link: Ready or Not](#)
[The Secret to Moving Forward](#)

Pillar 3: Learning & Growth Mindset

1. CAN YOU RECALL A RECENT SITUATION WHERE YOU LEARNED FROM FAILURE? WHAT WAS THE LESSON?

2. HOW DO YOU APPROACH CHALLENGES: AS OBSTACLES TO BE AVOIDED, OR OPPORTUNITIES FOR GROWTH?

3. WHAT IS SOMETHING NEW YOU'D LIKE TO LEARN IN THE NEXT YEAR, AND WHY?

4. HOW DO YOU CULTIVATE A POSITIVE ATTITUDE TOWARDS CONTINUOUS LEARNING AND SELF-IMPROVEMENT?

[Link: Want Peace and Acceptance in Your Life?](#)

[Repeat After Me](#)

Pillar 4: Resilience

1. WHAT CHALLENGES HAVE YOU OVERCOME IN THE PAST THAT YOU'RE PROUD OF?

2. HOW DID YOU NAVIGATE THOSE CHALLENGES, AND WHAT DID YOU LEARN FROM THEM?

3. WHAT FEARS ARE HOLDING YOU BACK FROM REACHING YOUR FULL POTENTIAL?

4. HOW MIGHT YOU ADDRESS THESE FEARS CONSTRUCTIVELY?

[Link: The Pain Gain](#)
[Achieving My Goals When Things Get Hard](#)

Pillar 5: Self-Care

1. WHAT ARE YOUR HABITS RELATED TO YOUR PHYSICAL HEALTH, AND WHAT CHANGES DO YOU WANT TO MAKE?

2. HOW DO YOU ADDRESS STRESS AND MAINTAIN MENTAL HEALTH?

3. WHAT ACTIVITIES BRING YOU JOY AND RELAXATION, AND HOW CAN YOU INCORPORATE THEM MORE INTO YOUR LIFE?

4. HOW DOES YOUR ENVIRONMENT AFFECT YOUR WELL-BEING, AND WHAT IMPROVEMENTS CAN YOU MAKE?

[Link: Pyramid Theory](#)
[The Next Right Thing Isn't Always Easy](#)

Pillar 6: Time Management

1. WHAT ARE THE PRIMARY DISTRACTIONS THAT DETRACT FROM YOUR PRODUCTIVITY, AND HOW CAN YOU MINIMIZE THEM?

2. HOW DO YOU PRIORITIZE YOUR DAILY TASKS, AND WHAT CRITERIA DO YOU USE?

3. REFLECT ON A RECENT PRODUCTIVE DAY. WHAT STRATEGIES DID YOU EMPLOY TO MAKE IT SUCCESSFUL?

4. WHAT CHANGES CAN YOU MAKE TO ENSURE YOUR DAILY ROUTINES ARE ALIGNED WITH YOUR LONG-TERM GOALS?

[Link: P-L-A-N](#)

[The Importance of Planning Ahead](#)

Pillar 7: Communication Skills

1. HOW DO YOUR RELATIONSHIPS CONTRIBUTE TO YOUR PERSONAL GROWTH?

2. WHAT QUALITIES DO YOU VALUE IN YOUR RELATIONSHIPS?

3. HOW CAN YOU FOSTER DEEPER CONNECTIONS WITH THE PEOPLE AROUND YOU?

4. WHEN YOU COMMUNICATE WITH OTHERS, DO YOU FOCUS AS MUCH ON LISTENING AS YOU DO ON TALKING?

[Link: Marital Dispute - You Don't Have to Understand Me to Honor Me](#)

Pillar 8: Empathy

1. THINK OF A TIME WHEN SOMEONE SHOWED YOU TRUE EMPATHY. HOW DID IT MAKE YOU FEEL, AND HOW DID IT AFFECT YOUR RELATIONSHIP?

2. HOW DO YOU PRACTICE COMPASSION IN YOUR DAY-TO-DAY LIFE, AND WHAT CHALLENGES DO YOU FACE IN DOING SO?

3. DO YOU OFFER YOURSELF COMPASSION? IN WHAT WAYS MIGHT YOU INCREASE YOUR EMPATHY TOWARDS YOURSELF?

4. HOW COULD INCREASING YOUR COMPASSION IMPROVE YOUR RELATIONSHIP WITH YOURSELF AND OTHERS?

[Link: The Dangers of Expectations](#)
[Do NOT Pass to Your Running Back](#)

Pillar 9: Accountability

1. WHAT COMMITMENTS HAVE YOU MADE TO YOURSELF THAT YOU FIND DIFFICULT TO KEEP? WHY?

2. HOW DO YOU HOLD YOURSELF ACCOUNTABLE FOR YOUR ACTIONS AND GOALS?

3. WHAT ROLE DO OTHERS PLAY IN HELPING YOU STAY ON TRACK WITH YOUR COMMITMENTS?

4. HOW MIGHT CREATING A CULTURE OF ACCOUNTABILITY IN YOUR PERSONAL AND PROFESSIONAL LIFE LEAD TO GREATER SUCCESS?

[Link: Rushing](#)
[3 Ways I'm Going Nowhere Fast](#)

Pillar 10: Gratitude & Positivity

1. WHAT ARE THREE THINGS YOU ARE GRATEFUL FOR TODAY, AND WHY?

2. HOW DOES EXPRESSING GRATITUDE CHANGE YOUR PERSPECTIVE ON CHALLENGING DAYS?

3. WHAT IS ONE POSITIVE EXPERIENCE YOU'VE HAD RECENTLY THAT HAS LEFT A LASTING IMPACT ON YOU?

4. IN WHAT WAYS CAN YOU SHARE POSITIVITY AND GRATITUDE WITH OTHERS TO ENHANCE THEIR LIVES AS WELL AS YOUR OWN?

[Link: A Tiger In A Cage
Breaking Free From Obsessive Thinking](#)

You Did It!

A journey of personal growth is very much your own. In my experience, the improvements came in the degree with which I was committed to changing. I was dedicated to change because I knew I only had 18 years with my children under my roof. Creating a home environment that they'd long to return to after they left was incredibly important to me. (To be clear, I mean to like, visit and miss me and stuff—not to live with me.)

The prompts in this pdf, and 100's of FREE Confessions of a Micromanaging Perfectionist Martyr posts, are designed to get your wheels turning on the changes that are possible for *you*. By looking at our role in our relationships, we have a real chance of shifting not only our perspective on life, but also, our relationships with the people we love most.

Remember, you can regularly engage with these questions. You're always changing, and your answers will continually have the potential to nurture a new, meaningful dialogue with yourself. Please keep your eyes open for ways that I can also help you on your journey through Confessions offerings and special events. I would love the opportunity to help you become more gentle to yourself. For me, compassion has been the magic key to connecting more deeply with myself, my spouse, and our children. And, it's unlocked the door to a professional and family life I didn't even know existed!

Please keep listening to Confessions of a Recovering Micromanaging Perfectionist Martyr and let your friends and family know that they too can become part of ...

Team Confessions!