

20 Journaling Prompts to Help You Know and Accept Yourself

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By Sharon Martin, LCSW



Journaling is one of my favorite therapeutic interventions. There's something almost magical about putting pen to paper and seeing what emerges.

Writing takes all of the things that are jumbled around in your head and brings them to awareness. Journaling can help clarify your thoughts and feelings. The paper also provides a "holding space" for your fears, worries and hurts, allowing you to come back to them when you're equipped to cope.

"Before you can accept yourself, you must know yourself." – Sharon Martin, LCSW

Despite all the benefits of journaling, many of my clients tell me they don't know what to write about. Sometimes it's best to just write stream of consciousness – whatever comes to mind without filtering. Other times, structured questions such as these can produce interesting new insights.

There truly is no right or wrong way to journal. However, these pointers can help you get the most out of journaling.

- Write what's in your heart. Don't overthink it.
- Capture as many details as you can. When you think you're done answering the question, push yourself to write another sentence or two.
- Try to write daily, even if it's just for five minutes.

20 Journaling Prompts to Help You Know and Accept Yourself:

1. What is the nicest thing someone has ever done for you or said to you? Why did this mean so much?
2. If you could go back in time, what would you say to yourself at age 5 or 15 or 25? (Feel free to answer for any or all of the ages.)
3. What's the best purchase you ever made? Why?
4. If you could change just one thing about yourself, what would it be? How do you think your life would be better? Have you ever tried to change it?

5. What do you want people to remember about you?
6. What keeps you up at night?
7. Describe the best birthday you ever had.
8. A mission statement is a concise way of explaining an organization's purpose and goals. Write a mission statement for yourself.
9. When I was a child I liked to _____.
10. I'm afraid people won't like/love/accept/want me if they knew _____ about me.
11. If I really loved myself I would _____.
12. Where do you feel safe and loved?
13. What do you wish your parents did differently while raising you?
14. What's your biggest regret? What have you done to make amends and/or forgive yourself?
15. If a genie magically appeared, what would you wish for? (Just remember, no wishing for more wishes!)
16. When I'm an old woman/man, I hope _____.
17. I think I'm really good at _____ and I know this because _____.
18. If you could be anywhere right now, where would you be?
19. What are you proud of? What do you see as your biggest accomplishment?
20. What would you do if you weren't afraid?

On this blog, I write a lot about the importance of loving and caring for yourself. Answering all 20 questions fully will help you understand yourself better. They will probably remind you of events you'd forgotten or bring back feelings you'd pushed deep inside. They may help you create new dreams for your life and reconnect with what's most important.

All of these things are part of you. Invite them into your consciousness and into your actions. There's no need to judge whether they're right or wrong. They are all important parts of you. In order to love yourself, you have to first know yourself. This is a great place to begin.

If you'd like a free PDF version of these journaling questions, simply [sign-up here](#) for access to the download.

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Photo of woman journaling from freedigitalphotos.net