



THE WELLNESS RESET

Journal Prompts: Self-Reflection

How do you feel
right now and
why?

How does life
look now
compared to
what you had
expected it to
be?

How do you
introduce
yourself when
you meet new
people? Why do
you choose these
aspects?

Are you an
introvert or
extrovert? How
do you know?

What gives you
peace of mind?

How do you
express yourself
and let your
needs be
known?

What has shaped
you into who you
are today?

What is one
reality you need
to come to peace
with? Why? How
would you go
about it?

What would your
younger self love
about your
current self?

What do you
struggle to love
most about
yourself?

What do you
appreciate about
yourself? Why?

What have you
learned from the
most challenging
events in your
life?

What three
things do you
really wish other
people knew
about you?

What self-care
rituals work best
for you?

Describe where
you see yourself
in 1 year, 3 years,
5 years, and 10
years.

What support do
you need (from
yourself or
others) to help
you reach your
goals?