



Personal Growth Journal

Reflective Prompts for Personal Growth

1. What are your greatest strengths, and how do they help you in your personal growth journey?
2. What areas of your life do you want to improve, and why are these areas important to you?
3. Reflect on a recent challenge you faced. What did you learn from the experience, and how can you apply those lessons moving forward?
4. What are your long-term aspirations, and what steps can you take today to move closer to achieving them?
5. How do you practice self-compassion when you fall short of your goals, and what affirmations help you stay motivated?