

Self-Awareness through Journaling

Journaling can be a great way to sort out your thoughts and feelings. It is a great bridge between your inner and outer lives. Regular journaling will also make you a better writer.

DIRECTIONS: Choose one of the prompts below, and write an entry in your journal.

#1: The parent I am the most like is . . .

#2: What I like most about myself is . . .

#3: The thing I would change about myself is . . .

#4: The thing people admire most about me is . . .

#5: The one rule at home that I disagree with is...

#6: Something I need to work harder at is . . .

#7: The thing that has most disappointed me recently is . . .

#8: The thing that I most look forward to every week is . . .

