

JOURNAL PROMPTS

37



- Describe yourself using the first 10 words that come to mind. Then, list 10 words that you'd like to use to describe yourself. List a few ways to transform those descriptions into reality.
- What do you appreciate most about your personality? What aspects do you find harder to accept?
- Explore an opinion or two that you held in the past but have since questioned or changed. What led you to change that opinion?

