**50 Journal Prompts Growth Mindset**

1. What would I do if I wasn’t afraid?

2. Why do you compare yourself to others?

3. What can I learn from previous bad experiences?

4. Three things I am grateful for right now are…

5. What are the biggest lies my inner critic tells me?

6. The main thing holding me back right now is…

7. How can I show myself that I am worthy of living my best life?

8. How can I take more responsibility for what is happening in my life?

9. To me, success means…

10. List practical ways you can overcome your limiting fears…

11. What change am I currently resisting against?

12. If someone were giving me advice about my current situation, they would say…

13. What advice would I give to somebody in the same position?

14. The main things that make me feel like a failure include…

15. My biggest self-sabotaging habits are:

16. Write about something you achieved that you didn’t think you would. What can you learn from this experience?

17. My biggest strengths are…

18. My main weaknesses are…

19. What can I do today to make it a better day?

20. What is the one thing that makes me happiest?

21. I can do more of the things I love by….

22. My core values are….

23. Am I living in accordance with my core values?

24. The main things that drive me are…

25. How much time do I spend on personal growth right now?

26. The people I really admire are…

27. Do you feel the need to find yourself? If so, what does finding yourself mean for you?

28. Where am I at in my personal growth right now?

29. Why is personal growth important for me?

30. What can I do to believe in myself more?

31. What is it that makes me doubt myself?

32. How can I show myself respect?

33. What key ways can I show love to myself?

34. What is one thing I need to let go of?

35. How would my ideal day look?

36. How can I gain the characteristics I like about other people?

37. What habits do I need to adopt to change?

38. The things that get me most excited in life are…

39. Which people in my life make me happiest?

40. When I go through a negative experience, I react in the following ways…

41. Do I let other people’s actions influence what I do?

42. I am my truest self when…

43. Write about the way you usually make decisions

44. Write down your biggest goal in life and the things you can do daily to reach it

45. Do my thoughts tend to focus on the past, present or future?

46. Write a letter to someone who isn’t in your life anymore. What is it you wish you could tell them?

47. Do I have a good support network around me?

48. How flexible am I in my quest for success?

49. One thing I would love to learn more about is…

50. The main things I love about myself are…