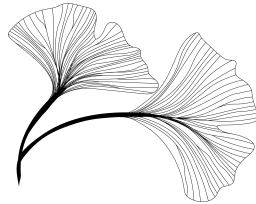


JOURNAL PROMPTS FOR UNMASKING YOUR TRUE SELF



What are my core values and beliefs?
How do they guide my decisions and actions?
What activities or hobbies make me lose track of time and bring me pure joy?
What are my strengths and unique talents?
How can I leverage them in my life?
What are my biggest fears and insecurities?
How do they hold me back in life?
What are my true passions and desires?
How can I align my life with them?
What are the recurring patterns or habits in my life?
Do they serve me well?
How do I handle and cope with stress or difficult situations?
What can I learn from this?
What kind of people or relationships energise and uplift me?
Which ones drain me?
How do I define success and fulfilment?
Am I currently living in alignment with my definition?