

Life Reflection Prompts

Personal insights toward self-growth.

- Go through the prompts on the next page and free-write your thoughts and answers in your journal.
- This will give you a general perspective on where you currently are, how you are feeling, and your overall wellbeing.
- The page is printable so you can refer to them easily. You can also copy and paste the questions and answer them on a word document.
- Try to set aside some alone time where you can really take the time to reflect and write. For suggestions, see this blog post: [The Purpose of Self Reflection](#).

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Think about your current situation and write down what is currently going on in your life. Write down the different thoughts and feelings that come up.

Try to touch upon multiple areas of your life such as: how you are feeling emotionally and physically; your personal and home life; relationships; career & business; finances; and things that are going on in the world that are affecting you. The goal is to get your thoughts on paper that you can refer back to.

- What is going on in your life currently?
- How are you feeling about it?
- What challenges are you going through?
- What are the things that are going well?
- What are you feeling grateful for right now?
- Are there any areas in your life that you feel needs to change?
- What are the opportunities for growth?
- Free-write anything else that comes to mind.