

Journal

30 DAYS SELF REFLECTION CHALLENGE

← 1 —

Discuss three major goals you accomplished this year.

2

Use six adjectives to describe your romantic life this year.

3

Talk about an obstacle you faced this year. Did you overcome it? How?

• 4 •

In five words or less, describe how you feel about your job.

← 5 —

Did you accomplish everything on your list of goals for this year?

6

What is your biggest pet peeve in a relationship?

7

What advice would you give your 16 year old self?

• 8 •

If you could change careers right now, what would you do and why?

← 9 —

Who is your hero and what about them inspires you?

10

What's your favorite date? Why?

11

When you're feeling down, what always cheers you up?

• 12 •

Write about a time you discouraged yourself.

← 13 —

If you could only work towards one goal, what would it be and why?

14

What traits are most important to you in your partner?

15

Name four things that really excite you about the future.

• 16 •

Describe your ideal office setting (comfort, layout, furniture, etc.).

← 17 —

What do you hope to be doing on this day ten years from now?

18

What scares you most above love?

19

What is your favorite thing to do when you're by yourself?

• 20 •

How do you maintain daily productivity when at work?

← 21 —

If you could solve one of the world's problems, what would it be?

22

What is your primary love language?

23

Write about a defining moment in your life?

• 24 •

How do you handle conflict or difficulties in your job?

← 25 —

What will your life look like once you achieve all your goals?

26

What word would your partner use to describe you? Why?

27

What do you want to be remembered for?

• 28 •

What did you want to do when you grew up? Are you doing it now?

← 29 —

What are the top three things on your bucket list?

30

Write about a time you disappointed someone. How did it make you feel?

Key



Goals: **Teal**



Love: **Pink**



Growth: **Grey**



Career: **Coral**