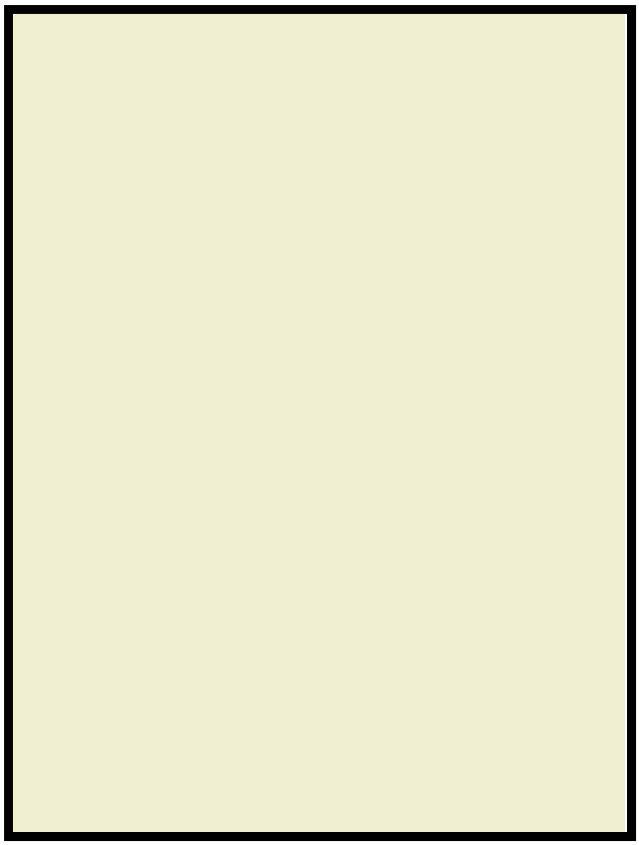
Mindful Self Reflection Journal

What do I love the most about life?



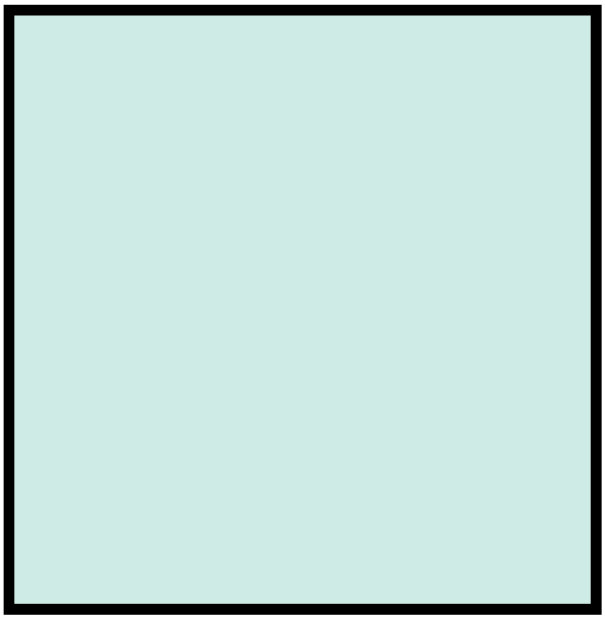
What are 3 qualities I love the most about myself?



What's my biggest pet peeve and why?



What 3 things take up the majority of my time?



In what ways do I impact others around me?



What do I procrastinate with the most?

Some thoughts & beliefs I repeat in my head constantly are:

Some areas of my life that I'd like to approve are:

Some of my most important morals and values are:

Some of my biggest victories and successes have been:

What are my biggest fears and how do they hold me back?

How can I better take care of myself?

What's my greatest strength and why?

What's one thing I look forward to every day?

I feel fulfilled & truly alive when I am: