



JOURNALING WORKSHEET

Rainy day? Feeling reflective? Take a moment to slow down and turn inward.

This isn't just a list of questions, it's a guided journey into your soul.

Make a cup of tea, curl up with a journal, and explore the thoughts, dreams, fears, and values that make you *you*. Write down the first things that come to mind. Let it be messy. Let it be raw.

Leave space to revisit and deepen your answers as you grow.

101 SOUL-SEARCHING QUESTIONS TO DISCOVER YOUR PURPOSE, PASSION, AND HIGHER SELF

Self-Discovery & Identity

- Who are you, really?
- What are you passionate about?
- What are your proudest accomplishments?
- What are you most grateful for?
- What do you value most in life?
- How would you describe yourself?
- What do you represent?
- Do you love yourself? Why or why not?
- How can you love yourself more today?

Purpose & Higher Self

- What is your highest self like?
- Are you living the life of your dreams?
- What is your purpose? Why are you here?
- What drives you?
- What moments make you feel most alive?
- What inspires you to keep going?

Time-Shifted Reflection:

- If you had 1 year/month/week/day/hour/minute left to live, what would you do?
- What would you regret if you died tomorrow?
- What have been your biggest life lessons?
- What advice would you give yourself 3 years ago?
- What advice would future-you give to you now?

Letting Go & Moving Forward:

- What are you still holding onto?
- Is it time to let it go?
- What limiting beliefs are holding you back?
- What empowering beliefs could you adopt?
- Are you living in the past, future, or present?

Goals, Dreams & Career

- What are your biggest dreams?
- What goals do you want to achieve in 1, 3, 5, 10 years?
- If success was guaranteed, what would you do?
- Are you doing what you love?
- What is your ideal career?
- How can you begin building that today?

Ideal Life Vision

- What's your ideal home like?
- What's your ideal physical appearance?
- What's your ideal life, and how do you start living it?
- Are you settling for less than you deserve? Why?

Mindset & Habits

- What is your inner dialogue like?
- What bad habits do you want to break?
- What good habits do you want to build?
- What's the biggest step you can take now?

Love & Relationships

- Who are the most important people in your life?
- Are you giving them the time and energy they deserve?
- Who inspires you? How can you be more like them?
- What's your ideal life partner like?

- Are you afraid of letting people in? Why?
- Who do you want to be in 1, 3, 5, 10 years?

Spirituality & Fulfillment

- What is the meaning of life to you?
- Do you believe in a higher power? What does that look like?
- What role does spirituality play in your life?
- How can you bring more meaning into your daily life?

Emotional Awareness

- What scares you the most?
- What triggers your anger, and why?
- When do you feel most at peace?
- Are you emotionally healthy?
- What do you need to heal?

Legacy & Final Reflection

- What would your friends say at your funeral?
- What would you create if anything were possible?
- What do you want to offer the world?
- What do you need to make peace with?
- What is your one dream you can't wait to see come true?

Conclusion:

These questions aren't meant to overwhelm you, they're meant to awaken you. You don't need to have all the answers. But asking the *right* questions? That's where transformation begins.