

30-Day Journal Challenge Reflection Questions



The following 30 questions can be added into your journal for more reflection on your life, your goals, your happiness, and your relationships.

Go ahead and choose one for the day or just work your way down the list crossing off the questions as you go.

Some people may tell you not to overthink these questions, but I think if you want to take the time to reflect, go ahead! This is your journaling experience and you can do what you want to do.

The important part is that you answer these questions – even with a simple answer. The act of answering will help keep the question in your mind as you go throughout your day and you may discover insightful answers that you didn't know you had.

1. What's most important to me in life?
2. What advice would I give myself 5 years ago?
3. What habits would I like to get rid of in my life?
4. What habits would I like to adopt into my life?
5. What was the last truly meaningful thing I've done?
6. Do I care about what others think about me?
7. What do I want to do but don't because I'm scared?
8. Am I a good person to be in a relationship with?
9. Do I treat myself with kindness, respect, and love?
10. Am I taking care of my body?
11. Am I taking care of my mind?
12. What do I want to be remembered for most?
13. What thoughts do I have repeatedly?
14. What am I most proud of?
15. What have I learned recently?
16. What do I want to learn next?
17. What type of thing would I most want to invent and bring into existence?
18. What have I done really well in life?
19. Am I more positive or negative about life?
20. What do I mostly think about when I wake up?
21. Do I generally make other people's days brighter or darker?
22. What haven't I forgiven yet?
23. Do I take the time to be present and enjoy my day?
24. How much time do I spend on electronics such as my phone, TV, and computer?
25. Am I an honest person?
26. Do I have balance in my life?
27. How do I contribute to the world's health and happiness?
28. How important are money and things to me?
29. How can I get more of what I want most in life?
30. How has 30 days of journaling affected me?