



FREE RESOURCE · HOPE CONNECTION THERAPY CO.

# Journaling Prompts: Self-Awareness & Identity

Recover Hope. Renew Your Mind. Restore Connection.

Who you are can get blurry — especially after seasons of people-pleasing, caretaking, or simply losing track of yourself in other people's expectations. These prompts are here to help you slow down and listen inward. There's no right answer — just what's true for you today. Come back to this page as often as you'd like; your answers may change, and that's the point.

1

*When do I feel most like myself? What was I doing, and who was I with?*

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2

*What three words would I use to describe who I am today — and are they words I chose, or words I was given?*

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3

*What roles do I play for the people in my life? Which one feels most like me, and which one feels heaviest to carry?*

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4

*What's one belief about myself that I inherited from someone else — a parent, a past relationship, an old version of me? Is it still true?*

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5

*What matters most to me right now? Where do I feel most in alignment with that — and where do I feel out of step?*

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6

*If I could speak to the version of me a year from now, what would I want her to know I was working on?*

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## Want to go deeper?



Journaling can open up a lot — you don't have to process it alone. If you're a current client, bring what came up to your next session; if you're not yet, we'd love to help you explore it further. Schedule an appointment or browse more free tools like this one on our website.

[www.hopeconnection.net](http://www.hopeconnection.net)

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