



Journal Questions

with The Joy Bar

1. What is your biggest fear?
 2. What are 3 things you value most in your life?
 3. Who is your biggest inspiration? Why?
 4. What was the last thing you did that made you proud?
 5. What 2 things do you wish you could be better at?
 6. What is 1 way you practice self care?
 7. What is 1 thing you are grateful for?
 8. What is something that instantly brightens your mood?
 9. What is 1 thing you can always control?
 10. How do you cope with negative energy?
 11. What is a positive mantra you say to yourself?
 12. Are you living our your true purpose?
 13. What is 1 thing you would do if you could not fail?
 14. Who is 1 person you are grateful for?
 15. How do you define success?
 16. What quality do you admire most in yourself?
 17. What physical space brings you joy?
 18. What is the easiest topic for you to journal about?
 19. What is 1 item in your home you are grateful for?
 20. What consumes the majority of your time?
 21. What goal are you determined to achieve?
 22. What do you do daily to bring yourself joy?
 23. Who counts on you to show up joyfully?
 24. What was your last act of kindness?
 25. What is your reason for not choosing joy?
 26. What is 1 thing at your job that you are grateful for?
 27. Are you a dreamer or a realist?
 28. If you never reach your goals, will you still be joyful?
 29. What 3 words describe your best self?
 30. How have you grown in the past month?
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