

# Journaling



## 20 Questions for Self-Reflection

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1. What am I grateful for this morning?
2. How do I feel right now—physically, emotionally, and mentally?
3. What is one positive intention I want to set for today?
4. What's something I'm looking forward to today?
5. What do I need more of in my life right now?
6. What is one small thing I can do today to care for my mental health?
7. What's something kind I can do for someone else today?
8. How can I be more present and mindful throughout the day?
9. What is one limiting thought I can let go of this morning?
10. How can I show love and compassion to myself today?
11. What's one thing I'm proud of from yesterday?
12. What strengths can I lean into today?
13. What would a successful and peaceful day look like for me?
14. How can I honor my energy and boundaries today?
15. What is one fear I can face with courage today?
16. What affirmations or words do I need to hear this morning?
17. How can I stay grounded if challenges arise today?
18. Who or what inspires me to be my best self?
19. What is something I want to learn, explore, or enjoy today?
20. How can I remind myself that I am enough, exactly as I am?



**"The bad news is time flies, the good news is you're the pilot" - Michael Altshuler**