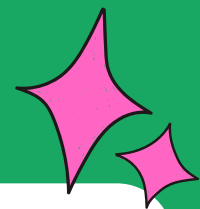




JOURNAL PROMPTS FOR SELF REFLECTION



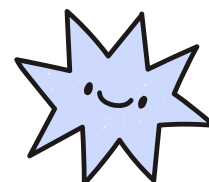
Especially helpful when exploring identity, emotions, and self-understanding

Getting to Know Myself

1. What are three words I'd use to describe myself?
2. What makes me feel most like "me"?
3. What's something I'm really good at, even if others don't always notice?
4. What do I need to feel safe and accepted?
5. How do I show people I care?

Exploring Identity

1. What labels (if any) feel right to me—and why?
2. When do I feel most comfortable expressing myself?
3. What makes me feel different in a way I'm proud of?
4. What's one part of my identity I'm still figuring out?
5. How do I want others to see or understand me?



Emotions & Sensory Awareness

1. What emotions do I feel often? What do they feel like in my body?
2. What helps me calm down when I'm overwhelmed?
3. What overstimulates me easily, and how can I avoid it or recover from it?
4. When I feel big emotions, what helps me express them safely?
5. What color or sound feels like peace to me?

My Neurodivergent Strengths

1. How does my brain work differently (in a way that's awesome)?
2. What's something I've learned to do in my own unique way?
3. When have I turned a challenge into a strength?
4. What's one thing I wish others understood about how I think?
5. What makes me resilient?

Looking Ahead

1. What kind of future do I imagine for myself?
2. What does success look like to me (not just others)?
3. What's one goal I have right now?
4. What small step could I take toward that goal today?
5. What do I want to remind myself on tough days?

