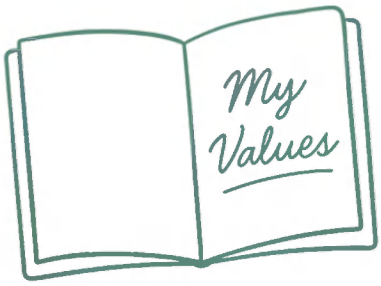
Values-Based Journalling Prompts



Exploring personal values through journalling can be a powerful experience — one that encourages self-awareness, clarity, and growth. The prompts below are designed to help you reflect on what truly matters to you, and how you can live in a way that feels more aligned with those values.

Identify Core Values: List the top five values that you believe define you. Why are these important to you, and how do they influence your daily decisions?

Values in Action: Reflect on a recent decision you made. Which of your core values played a role in guiding that decision, and how did it impact the outcome?

Values and Conflict: Think of a time when your values conflicted with someone else's. How did you navigate the situation, and what did it teach you about compromise and understanding?

Future Alignment: Envision where you see yourself in five years. How do your current values align with this vision, and what steps can you take to ensure they continue to guide you?

Value Evolution: Consider how your values have changed over the past five years. What life experiences prompted these changes, and how have they shaped who you are today?

Role Models: Write about a person you admire and identify the values they embody that resonate with you. How can you incorporate similar values into your own life?

Living Authentically: Describe a situation where you felt truly aligned with your values. What feelings did this evoke, and how can you create more moments like this?