

Kim Regis  
Consulting

BE PRESENT. BE OPEN.  
BE INTENTIONAL.

# Self Reflection

**Who gives me  
comfort?**

**What keeps me  
grounded?**

**When am I at my  
best?**

**Where do I feel  
safest?**

“Choice implies consciousness – a high degree  
of consciousness. Without it, you have no  
choice.”

— Eckhart Tolle

# Journal Prompts

(excerpted from [www.positivepsychology.com](http://www.positivepsychology.com))

- Who am I, really?
- What worries me most about the future?
- If this were the last day of my life, would I have the same plans for today?
- What am I really scared of?
- Am I holding on to something I need to let go of?
- What matters most in my life?
- Have I made someone smile today?
- When did I last push the boundaries of my comfort zone?
- What small act of kindness was I once shown that I will never forget?
- How many of my friends would I trust with my life?
- Who has had the greatest impact on my life?
- What do I want most in life?
- Which is worse: failing or never trying?
- Does it really matter what others think about me?

If journaling or reflecting brings up thoughts or feeling and you need or want to speak with someone please call or text or chat

1-800-273-8255

<https://suicidepreventionlifeline.org/chat/>