

Journals for Self-Discovery and Assessment

These are arranged for short, daily writing, but they may be spread out over the course of a semester or year. The most important aspect of doing them is that they be done in order.

Week 1

1. Name four characteristics or habits you associate with being you. Explain them briefly, so you'll remember why you chose them if they ever change.
2. Which personality trait do you think others most associate with you?
3. Which characteristic in yourself would you be most happy to lose?
4. Is there anyone you know who has a characteristic you'd be happy to gain?
5. Do you like or dislike this self-discovery kind of thing?

Week 2

6. Which traits do you value most in a friend's character?
7. What characteristic do you most dislike in other people?
8. Do you possess these traits, or are you drawn to those opposite of you?
9. Do your closest friendships center on shared values or on shared actions/behaviors?
10. What do others misunderstand most about you?

Week 3

11. Do you feel better understood by friends or a family member?
12. What in your upbringing has most shaped you?
13. What are your top three priorities/values?
14. Why are these important to you?
15. How have you developed these priorities? Have you inherited them from family or chosen them from your experience?

Week 4

16. What difficulties does valuing these priorities present to you?
17. How has valuing these priorities benefited you?
18. List the activities/behaviors in which you take part on an average day. (The list might be long!)
19. For each item on the list, write a corresponding adjective to describe how you feel as you carry out the activity.
20. Assess your list—which activities make you feel best? Worst?

Week 5

21. Briefly explore why you feel as you do about three activities to which you responded most strongly (positively or negatively) in number 20.
22. How do your daily activities correspond to your stated values? Do they support or contradict what you have said you prioritize in numbers 1 and 2?
23. Have you gained any new insight from assessing your values/priorities in comparison to your actions/behaviors? If so what?
24. If you note discrepancies, would you be more willing to change your values or your behaviors? Why?
25. Is aligning your belief and behavior important to you? Why/why not?

Week 6

26. What are some ways in which aligning belief and behavior could improve your life?
27. List three habits, actions, beliefs, or relationships you could change to align your values and behaviors more truthfully.
28. What difficulties do you anticipate in aligning belief and behavior?
29. How will you cope with those difficulties? What sources of strength and encouragement do you have to help you? Who can you enlist as a supporter?
30. Why is the source of encouragement or person you named in number 29 important to you?

Week 7

31. Are you more motivated by encouragement or doubt? Jealousy or admiration? Doing what is right or proving others wrong?
32. Does motivation come to you from within yourself (intrinsically) or from outside yourself (extrinsically)?
33. How do you feel when you have failed to meet a goal? What do you do to cope with disappointment? Do you consider your method(s) beneficial or detrimental?
34. How do you feel when you accomplish a goal? What do you do to celebrate? Do you share your success with others? Are your celebrations beneficial or detrimental to you?
35. Are your coping mechanisms healthy—emotionally and physically? In what ways are they good or bad for you?

Week 8

36. What, of what is currently a part of your life, do you need more of? Less of? Why?
37. What are your biggest impediments to positive change—personal habits or views? Relationships? Time? Other things?
38. What major changes have you experienced in your life? How have these defined you?
39. What have you learned from your greatest hardships?
40. What personal quality are you most thankful that you possess?

Week 9

41. Is number 40 one of the characteristics or habits you listed for number 1?
42. Are you living more intentionally, with greater awareness, than you were a month ago? What accounts for the difference or lack of it?
43. What are your values?
44. Do you like who you are becoming?