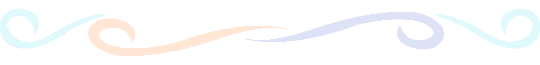
**Positive Self-Reflection Prompts**



It's not always easy to toot your own horn, but self-refection is an important part of being happy. Recognizing your positive qualities will help lead you to more happiness. Use the following prompts to start your journey on self-reflection. Write the first things that come to your mind.

I am not perfect, but…

1. I am unique because…
2. I love…
3. My favorite part of the day is…
4. I was once afraid of…
5. I am always surprised when…
6. I am happiest when…
7. Things I would love to say Yes to…
8. Things I would like to say No to…
9. I feel most disappointed when…
10. One thing I've learned from a prior mistake is…
11. I will one day reach my goal of…
12. I am inspired by…
13. I am motivated by…
14. I notice…
15. Something that always brings me to tears is…
16. I have a habit of…
17. I show myself love by…
18. I believe in…
19. I cannot imagine living life without…
20. I wish I could…
21. My favorite way to spend the day is…
22. I get frustrated when…
23. I would give anything to…
24. I wish more people knew this about me…
25. What I love most about life is…
26. I have these people who love me…
27. Words I live by include…
28. I draw the line at…
29. I feel happiest with myself when I…
30. I love hearing…
31. I maintain a healthy mind by…