



Journal Prompts Handbook

*“Owning our story and loving ourselves
through that process is the bravest thing that
we will ever do.”*

— Brené Brown



1. Your birth date. Do you know any details about the day you were born? If so, please share.

Date: _____

2. What was going on in the world at that time?

3. What and who were influential in your early life and why?

4. What schools did you attend and which subjects did you enjoy?

5. Describe your family of origin.

6. What was your home life like?

7. What were your relationships with your siblings like?

8. What was important to your family?

9. What did you do for fun as a child?

10. What did you do for fun as a teen?

11. Were you involved in any organized activities? Music? Dance? Sports?

12. What is your favorite:

Music: _____

Meal: _____

Treat: _____

Hobbies: _____

Time of year: _____

Books: _____

TV Shows and Movies: _____

13. Did you travel? Where?

14. If you traveled, how did these trips change your perspective on life?

15. What do/did you most enjoy preparing in the kitchen?

16. What are five words that would describe you?

17. What traits are you most thankful for?

18. What was your vocation(s) in life?

19. What sense of purpose or service did you experience in your work?

20. What did you like/dislike about the job?

21. What were some of the difficult times in your life?

22. How did those times change you?

23. What were you most passionate about in life in your 20s-30s, then 40-60 and 60s-? and why?

24. Describe where/how you experienced your greatest spiritual connections in life.

REFLECT ON THE SIGNIFICANCE OF YOUR LIFE

25. What accomplishments made you the most proud and why?

26. Who are the people you loved the most and why?

27. Have you any regrets?

28. What would you do differently?

29. What would you like to be your legacy?

30. How would you want to be remembered?

Special thanks to Victoria Hospice
for granting permission to draw from their rich
resources.

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Heartland Hospice Moose Jaw Inc.

Box 334

Moose Jaw Saskatchewan

S6H 4N9

www.heartlandhospicemj.ca

supportivecare@heartlandhospicemj.ca