

Robin's Inspiration Journal Prompts 1-55

Duration of Project: January 1 - December 31, 2019

1. Document one of the defining moments of your life
2. What makes your heart sing?
 - a. This should be something you are very passionate about, something that you truly love and makes you feel alive and it's not a hobby or a family member. It's core to your identity.
3. A quote or quotes you love
4. Award or awards or an accomplishment you are especially proud of.
5. What do you like about yourself?
6. Talk about what you love, why you love these things, and how that love has impacted your life or thinking or decision making.
7. Write about your favorite pet or childhood friend.
8. A scripture or something that fuels your faith and hope for yourself or the world or both
9. Write a letter to the last person you kissed.
10. If you could go back in time and re-live only one memory, what would it be and why?
11. Write about an item you have right now that has an intense, emotional, sentimental value.
12. Think about the songs or music you love, choose one that is deeply meaningful and write about what the song or music means to you and why.
13. List five ways you can become stronger and more courageous.
14. What is your biggest strength?
15. What is the best advice you have ever received and how has it made an impact on your life?
16. Who are the most important people in your life today and why?
17. Describe one to three beautiful things you have seen or experienced recently.
18. Write a letter to someone who has had a positive impact on your life.
 - a. I had an assignment in grad school to ask 10 people to write me a letter about how I inspired them. It was the most amazing, heart FULL, surprising, and inspirational exercise of my life. I had no idea how much of an impact I had on them. Let's do this for someone else right here in our inspiration journal.
19. If you could be anything you wanted to be right now, what would that be and why?
20. Make a list of your top ten bucket items right now.
21. Choose one of your favorite photos from the past and talk about what it means to you.
22. Write about a book or movie that had a significant impact on you.
23. What is your absolute favorite childhood memory?
24. Describe 1-5 values that are important to you and/or why.
25. What do you want people to remember most about you and your life when you are gone?
26. What is your life motto or words you live by?
27. Describe the last thing that made you laugh out loud.
28. Look in the mirror and describe all the good things you see.

29. What is your favorite season and why?
30. Write about a cause that is close to your heart and why.
31. Describe your dream vacation.
32. Write about someone you miss.
33. What is the kindest thing someone has done for you or you have done for someone else?
34. What is the bravest thing you have ever done?
35. Are you an introvert or an extrovert? What do you embrace and love about being an introvert or extrovert - or - what quality about the opposite personality type do you see in yourself.
36. What do you consider your greatest accomplishment so far in life and why?
37. Create a positive mind map about yourself with a picture of you in the center.
38. Create a mind map of your top ten most important words
39. What do you want to remember forever right now?
40. What tradition do you hold most dear and why?
41. Who in your life right now, never ceases to amaze you and why?
42. What have you done that you thought you couldn't do?
43. The mountains, the sea, or the city, which is your favorite?
44. List 10 books/movies you want to read/see.
45. Bucket list of things you want to do
46. Home is...
47. List of things you can control right now.
48. Words that touch your soul
49. Who is your best friend?
50. What is your favorite memory?
51. What would you ask for if a genie granted you three wishes?
52. Your favorite color.
53. What you love about this decade of life you are in right now.
54. Your most important goals for 2019.
55. Describe your personality type and what you like about it (Myers-Brigg, Disk, Zodiac sign, etc.) If you want to answer this question look through the list of free tests here: <https://www.themuse.com/advice/14-free-personality-tests-thatll-help-you-figure-yourself-out>

Prompts gathered from:

- [Thought Catalog](#)
- [The Art of a Beautiful Life](#)
- [Becoming Who You Are](#)
- [Meraki Lane](#)
- [Reflections from a Redhead](#)
- ...and myself!