



Session 3

To facilitate the journey towards understanding your personal truths, here are ten journaling prompts designed to provoke thought and introspection:

1. What are the values that are most important to you?
2. What are some beliefs about yourself that you hold strongly?
3. What are your passions and how do they influence your life?
4. How do you define your purpose in life?
5. What are your strengths and how do they shape your identity?
6. What are your weaknesses and how do they influence your self-perception?
7. What experiences have had the most significant impact on your life and worldview?
8. What are some societal norms or expectations that you disagree with?
9. How would your life look if you lived completely in alignment with your values and desires?
10. What steps can you take to live more authentically according to your personal truths?

