

self

aware

ness

journal

prompts

written by
[Joanna Franco & @JoClub_](#)
www.joclub.world

contents

01 introduction


02 prompts
about your
"roots"

03 prompts
about your
"wings"

04 prompts to find
balance

05 prompts to be
real with
yourself

06 review



Awareness

01

intro

duct

ion

"Look outside and you will see yourself. Look inside and you will find yourself." - Quote by Drew Gerald

Make no mistake, self-awareness is the sexiest quality a person can acquire. Whether you're born with it, or discover it through the observation of others, being aware of oneself is a muscle we have to build and exercise throughout the course of our lives.

Self awareness is observing and experiencing our thoughts, personality, characteristics, feelings, motives, and more. It's the art of stepping outside of your mind to analyze what's actually happening. In other words, it's knowing you are not your thoughts, you are simply observing them as they flow through you.

It's a rare quality because it's hard to master - how can we be expected to observe our feelings when we're so caught up in them?

The good news is that self awareness is a *skill*. It's something we can learn over time with the right exercises, like this ebook for starters. So congratulations, you're one step ahead of the game.

There is no right or wrong answer to self-awareness.

It's balancing differing viewpoints, our external views of ourselves versus our internal views. sometimes they might even contradict each other. And real professionals in the art of self-awareness know how to distinguish non-productive thoughts from productive ones. Let's get to work.

The 36 prompts in this e-book are all dedicated to detach ourselves from our thoughts and feelings, so we can nip self-consciousness in the bud to make room for growth.

Grab your journal, a good pen, and a soothing beverage. Take a deep breath and let's unlock our truths about ourselves.

With love,
Jo Franco

02

your

roots

your roots

1. When did you first become aware of yourself?

Was it noticing your skin color in comparison to others? Realizing you were a part of a family unit? Understanding the concept of a country, and language that differs from another? Bringing a family memento that was far too emotional for show and tell? We all have early childhood experiences that help us place our role in the world. Take yourself back to your earliest memory of when you realized your uniqueness. What was the feeling attached?

2. What areas of your life are you too hard on yourself?

Expectations can both inspire us, and kill our vibes. When it comes to our relationship with ourselves, we can often lose the gentle touch that we'd use to address our family members, or best friends due to unrealistically high expectations. What areas of your life could use a friendly push versus a negative distaste? What advice would you give your inner child, or closest friend?

3. What habits no longer serve you?

Make a list of the habits you observe in yourself from the physical cracking of your knuckles to getting irritated at the difficulty of a task and giving up right before the finish line.

Habits form over time, and the only way to get rid of them is through daily awareness and correction. If noticing your own habits is tough (after all, they're likely involuntary at this point), ask your friends and family to flag your repetitive ways - and take it with a constructive grain of salt. In order to evolve, we need to take inventory of our current state.

your roots

4. What major life experiences shaped your view of yourself in the world? Are they accurate?

From a tough childhood memory, to family induced pressures, what are the major life events that have given you your place in the world? Are there behaviors and feelings that developed from that time you can't seem to shake? If a feeling feels familiar, and your problem isn't being resolved, odds are it's time to pick a new way of reacting. Observe the narratives you've been telling yourself, and rewrite one for your evolved version.

5. Write about belonging.

A sense of belonging is primal for humans, and it's an important factor in our wellbeing. Belongingness and acceptance can be a real struggle for many of us - sometimes our attempts to belong are rejected, sometimes we seek belonging in groups that in reality are wrong for us. And sometimes, if we're lucky, we feel like we've found our tribe, and the sky is the limit. Today, write about your experiences in the quest for belonging, what are you searching for?

6. What formed your morals?

We all, in some way or another, have a moral compass, each unique to our individual view of the world, what's important, and right from wrong. Still, a general understanding of 'good' and 'bad' is ever present. How did you come to define these two terms? Have these categories become muddy to you in recent years? Did you find your moral compass shifting after say, leaving home or school?

Write also about how important morals are to you - if they're something you reflect on from time to time or if they're a driving force. Define your moral compass and its impact on your decision making.

your roots

7. Write about growing up.

No matter what your age is, we're all still growing up, evolving, and stumbling regularly along the way. Reflect on when you felt yourself begin to grow into your own person, navigate independence for the first time and grapple with opinions that differed from those of whom you were raised by. Do you feel like you're chasing a sense of identity? Do you feel settled in your skin? Are you at the very beginning of your growing up experience? What has life experience taught you thus far? Today, it's time to write your own coming-of-age story.

8. List all of your sources of anxiety right now. What does this tell you about yourself?

Use today's journal entry to take stock of your worries. Often they have so much power because we think of them only when we're trying not to - by flipping this around and facing them head on, we can take back control.

Once you've written them all down, do you notice any themes? Is there a particular mood reflected? What do your worries say about your current state of mind?

9. Do you feel like your age?

'Old soul,' 'young at heart,' 'late bloomer'... what do these really mean? Do you feel like age is just a number, or are you relatively tied to the routine of your birthdays, rites of passage and generational experiences? What age do you feel? You may feel younger now than you did ten years ago, or perhaps you're in a rush to grow up. On a scale from partying in the club til 5am to relishing a 9pm bedtime, write about your inner age and how it affects your view of yourself, your choices, and responsibilities.

your roots

10. Reflect on family.

Is blood thicker than water? How does your family determine who you are? Have you formed bonds closer to friends? Do you feel connected to your lineage? Today, write about your family - blood, or chosen, whatever it looks like for you. What traits do you carry because of your parents, siblings, and even distant family? Are you holding on to a burden you've inherited? Is a family narrative limiting you from your full joyous potential? Remind yourself that you are your own individual, even if you're a part of the pack.

11. How do you connect to your inner child?

Do you ever flip through your old baby pictures and think: "what happened to that kid?" If so, today is your moment to reconnect. You're the same person, you just might have drunk the societal Koolaid to start adulting, leaving no time for doing the simple things you used to love. How do you get back to your inner child? Write about everything you do or would like to do that aligns with things like silliness, curiosity and pure joy. Does it come from children in your own life, or do you create it yourself? Is it hard to include this within the expected norms of adult life? How do you make more time to play?

12. Do you enjoy spending time alone?

Have you ever considered the fact your relationship with yourself is the longest one you'll ever have the luxury of experiencing? How do you treat yourself? Do you enjoy your own company? If you haven't taken yourself out to lunch, or on a walk around a park, make a plan to - you might be surprised at the possibility of falling in love with yourself in the silence of your own mind.

03

your

wings

13. What's the biggest change you've noticed in yourself in the last year?

It's been quite the year. No need to go over the whole pandemic spiel again, but it has been a trying season for many of us. One that has led to more than a few realizations about ourselves, our desires, and our priorities.

What's the biggest change you've noticed in yourself over the last year? Have you learned to slow down? Have you become more motivated to take a chance on new people and things? Have you dealt with depression? Have you grown more grateful, more assertive? Do you take life more or less seriously than you did a year ago?

14. Define 'accomplishment.'

The etymology of the word accomplishment might make this prompt a little easier - it comes from "acomplissement," which is Old French for completion, or the action of completing a task, the action of accomplishing something, to fulfill, or complete something.

When you think about completing things, what comes to mind? Don't limit yourself to productivity on this one, it relationship based, or finally getting to that hobby you've been meaning to make time for.

Today is about you understanding your own definition of the word, accomplishment, the ones you've written in the books, and the ones you hope to accomplish.

your wings

15. Write about wonder.

Oh, the joy of beholding a sunset on the horizon, a misty forest, new flavors in foreign countries, engineering feats from ancient times, the rainbow that emerges after a downpour.

I can feel little tingles in my stomach just thinking about the experience of wonder.

How grounding it is to be in awe of something, to get lost in a clear blue sky or feel the rain on your skin? As cheesy as it sounds, maybe it's what we all need right now. A little more attention towards things we don't—can't—control, and how freeing it is to surrender, to observe, to witness splendor in all its forms. Whether your sense of wonder comes from a telescope pointed to the stars, observing waves crashing against cliffs, devouring a delectable novel or screening good ol' Jurassic Park, write about feeling amazed.

16. What has surprised you about the course of your life?

When we're encouraged as children to nominate what we want to be or have when we grow up, we're of course blissfully unaware of the twists, turns and straight up sh!tstorms that await. But we also can't predict the moments of euphoria, the goals we cross off the list despite the odds, or the gems of humans we end up counting as pieces of our hearts. Today, write about the best surprises you could never have predicted, the worst lows, and the moments you wish you could have seen coming.

Write about the general unpredictability of life— something we're perhaps unprepared for as we enter into adulthood, and your relationship with uncertainty.

17. Define 'adventure.'

Spontaneous detours from the itinerary of life, secret languages between friends, whirlwind romances, finding yourself by getting lost... What does 'adventure' mean to you? What are the best adventures you've ever been on? What kinds of adventures do you hope to embark on soon?

18. What's your relationship with memory?

Are you a sucker for nostalgia? Or more of a 'leave the past in the past' kinda person? Memory is such a funny thing - why do we retain what we do? Why does everything seem better in hindsight? Or do your memories come with an aftertaste of melancholy?

Write about the memories you have chosen to hold onto, and those you wish you could forget. Memories can be a source of gratitude, but they can also distract us from the present. Today, write about its role in your life and identity.

19. Write about a new beginning you remember fondly.

Was it moving to a new place that you now consider home? Meeting a new person who has since become your best friend? In today's journal entry, write about the start of something new. And consider that this could be the start of something great. New beginnings are everywhere, we just need to observe, and run with them.

20. What does confidence mean to you?

It might mean walking into a room with your shoulders straight and your smile beaming, it might mean sitting in a board meeting and feeling excited to make a suggestion. Or it could be something quieter - feeling fine as you look at your reflection when you brush your teeth in the morning. What makes you feel confident?

21. How have you evolved over the past five years?

We asked how you've evolved a year ago, now zoom out even further. What worries consumed you five years ago? If you kept a journal from that time, open it and enjoy your process. Try to take yourself back to your younger self, and list all the ways you've evolved.

Your past you is what planted the seeds for who you are today. When you stop to look at the path behind you, what do you see? What have been the biggest changes? The most important pit-stops? Write about your personal evolution.

22. Do you feel comfortable taking up space?

Confidence, assertiveness, ownership... entitlement? So many of us have been conditioned to make ourselves as small as possible, and taking up space can feel like a daunting task - cue imposter syndrome!

What does taking up space feel like to you? How are you learning to do so despite the discomfort - and why is it uncomfortable to begin with?

Do you wish people would leave more room for you, or that you were better at demanding a seat at the table? How can you make room for others? Write about how comfortable you are with taking up space.

04

bal

ance

23. Write about rebirth.

For being such an important day in our existence, it's pretty wild to think we barely have any memories of our birth. Which is why I love the concept of choosing a "rebirthday." If you've gone through a traumatic event, or a major transition, you might already feel like you've gone through a rebirth - the day you were happy you got another chance.

Personally, I've considered the day I was shot my "rebirthday," and on said day, I make a choice to be true to my desires, to reconsider my path and correct it if I'm off track. Ask yourself if you've gone through a rebirth, or if you feel it's time to be born again. It's your life, you can choose to arrive into it as many times as you want.

24. What brings you comfort?

How do you get comfortable? Are you a snuggle-seeking homebody whose pajama game is second-to-none? Do you need your coffee and your notebook and the sweet silence of solitude? Your canine companion? Who are the people in your life that bring you the most comfort, and why? What about them makes you feel safe, and at peace? Today, write about all the little things that bring comfort.

25. What is your body telling you today?

Telling your mind to buzz off for a sec and listen to your body. The same way we are not our thoughts, we are not our physical selves - we're fortunate enough to have these bodies as companions for around 100 years if we're lucky.

Now, think about what other product or machine gets used 24/7 for almost a century? Odds are... there are few. Your body, if taken care of, has that potential. Close your eyes and tune into your body, from top to toe: where do you find tension along the way? What requests is your body making? What are your body's cues when it's telling you thank you? What are the signs when it's telling you it needs something? Unclench your jaw, drop your shoulders, and write!

26. What are you grieving right now?

Experiencing grief is one of the most complex and challenging aspects of what it means to be alive. Our existence on earth is so driven by presence and possession, losing things and people we value as precious is inevitable. Despite this inevitability, it's also deeply painful, but part of the human experience.

We each grieve so many different losses - the loss of loved ones when they pass away, the loss of loved ones who nonetheless go on living their lives with someone else; the loss of aspects of ourselves (innocence, trust), the loss of time itself (a biggie for me).

What loss are you currently grieving?

27. What rituals do you keep?

From the religious to the spiritual to self care, write about rituals you follow. Do you have community rituals, solo ones, friendship rituals? And why is it important for you to stick to them? If you're new to rituals, what made you want to begin? If you have none, think about starting one to make new memories with people you care for.

28. What do you need to nurture right now?

With the hustle and bustle of daily to-dos, we can easily forget to take care of ourselves. Today's prompt is your reminder to do just that. What in your life is in need of a little extra T&C? Your relationships? Your health - physical or mental? Carve out some time today to take stock of your life, and make an action plan to start nurturing yourself back to health.

06

be

real

with

yourself

be real

29. How do you get out of a rut?

If you're in a funk, don't worry - you're most definitely not alone. We go through waves of being in and out of ruts, and now that we know this pattern and have learned to not only accept it, but expect it, we should write down a recipe for getting ourselves out of it. Today, focus your entry on all the things that get you out of a funk, a rut, a stale section of your life. Whether you're in a rut now, or feel one coming on, a good "how to feel better" remedy will always come in handy. Thought starters: book a class, a trip, call a friend, pick up a new hobby, or language. Shake up routine.

30. Describe your inner self vs your outer self.

When people first meet you, what do you think they notice first? How do they perceive you? What energy do you assume you bring? Then think about how you describe your inner self. Do these selves match up, or are they different? Do people unlock different parts of you the more they get to know you? Are you different around certain people - if so, why? We all have a multitude of moods, energies and personalities in us; write about yours.

31. How good are you at saying 'no'?

Saying 'no' is something we could probably all get a little better at. Where do you currently stand with it? Is it something you've recently learned how to be better at or is it something you wish you could start doing? How do you set boundaries, and how do you put your foot down when they're crossed? You are as good as your word.

32. What's your superpower?

Picture a comic book, imagine all of the people in your life as characters. Now, picture yourself at the center - what would your superpower be? Would it be a master of communication? A creative ability that comes in handy to solve problems? A practical skill that makes any mission possible with the right tools? An empathetic reading ability that gets you to connect with anyone in sight? Comic book or not, you have superpowers, it's just a matter of being aware of them and then nurturing them to their maximum potential.

33. Write to your future self - predict your future.

Start today's entry with 'Dear future me.' Write out your hopes for the version of you that will one day read it back - your goals, your feelings. Try to predict what your next few years will look like (though of course, 2020-2021 really has been having the last laugh with the idea of prediction)! Or even time-jump to a decade from now - where do you think you'll be?

Use today's entry for whatever your future needs to feel like right now; some journal manifestation might be on the cards, or some health fantasizing, or maybe this is a great opportunity to write out some concrete goals and hold yourself to them. Bonus points if you time yourself an email on futureme.org.

be real

34. Are you judgmental?

Judging comes as naturally to us as sneezing, fighting and laughing - our cavemen genetics programmed judgement in our software to help us with survival. Judge the noise in the bush as a tiger, and you get to live another day, misjudge it as a bunny, we're dinner. But sometimes our judgments - of ourselves and others - get in the way of our happiness, progress, self-esteem, relationships- just about everything! How judgemental are you? Does It help you find your people, or keep you from the good that's possible? Does your judgment land on yourself or do you direct it to others (or both)?

From the people on your morning commute to the person in the mirror, write about your judging habits, and how they might warrant a change.

35. How are you self-conscious?

A side-effect of being overly self aware is the potential for growing self-consciousness. Today, take inventory of where you feel you're uncomfortable in your own skin. Then, remind yourself that you are not those feelings, and try to get to the root of where the self-consciousness first began to grow. Is it from childhood? From the nasty habit of comparing yourself to others? How are those feelings inaccurate? Where are areas for tangible improvements?

36. How do you currently feel about yourself?

After all of these prompts, hopefully you've discovered gems inside yourself you hadn't known were there before. You're now ready to complete the exercise and write a summary of who you are right now in this point in your history. Remember, we change constantly, so who you are today will not last forever. Would you be friends with you? What are your favorite qualities, quirks? Where would you like to evolve? Be kind to yourself, you've done a lot to get here, and it's a marathon, not a sprint.

07

re

view

review

After completing these prompts, what was the most surprising thing you've learned about yourself?

Have your thoughts about self-awareness changed? Evolved? Do you have a game plan to stay sharp?

What prompt(s) were your favorites? Save them to come back to later on! Ask your friends and family members for their response.

with
love,
Jo Club

Follow us on Instagram for daily prompts and join the club for monthly journaling events!