



The Creative Map  
Creative Tools for Change

# Journaling for Self-Discovery

30 days of questions,  
prompts & lists





**The Creative Map**  
Creative Tools for Change

**Written & compiled  
by Rachel Ireland**

**All content and design**

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**More resources at:  
[www.thecreativemapcic.com](http://www.thecreativemapcic.com)**

# Day 1

I feel at my happiest when...

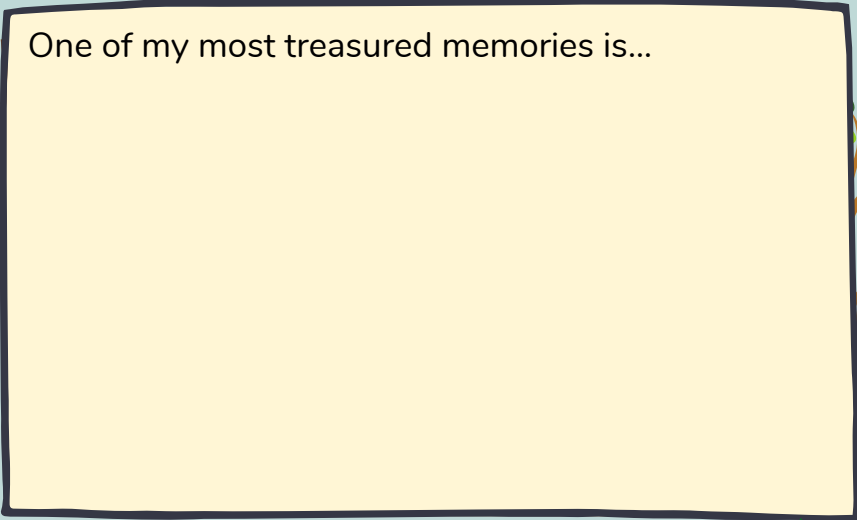
What activities make you lose track of time?



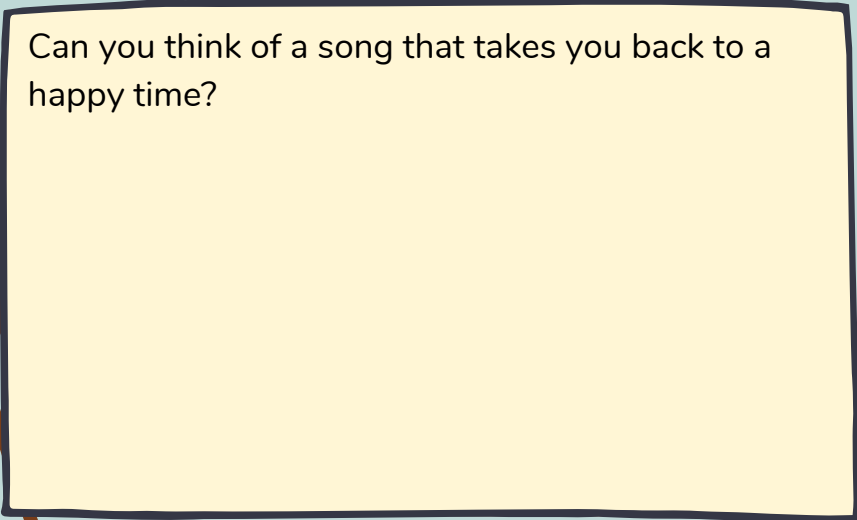


# Day 2

One of my most treasured memories is...



Can you think of a song that takes you back to a happy time?



# Day 3

The achievement I'm most proud of is...

What would you say to a friend who was in exactly the same position as you are now?



# Day 4

3 challenges I've overcome

1.

2.

3.



3 hobbies I've had at some stage in my life

1.

2.

3.



# Day 5

Something that didn't go as planned was...

What have you learned about yourself from things not going to plan?



# Day 6

I have definitely improved at...

Can you think of a time you did something new for the first time?





# Day 7

When I was younger, I thought by this age I would be...

Was there a time when you wanted what you now have?



# Day 8

3 places I've visited that have really stuck in my memory

1.

2.

3.



3 people who really matter to me

1.

2.

3.



# Day 9

I really miss the days when I...

How would you describe your personality before it was influenced by the expectations of society?



# Day 10

I feel a real connection to...

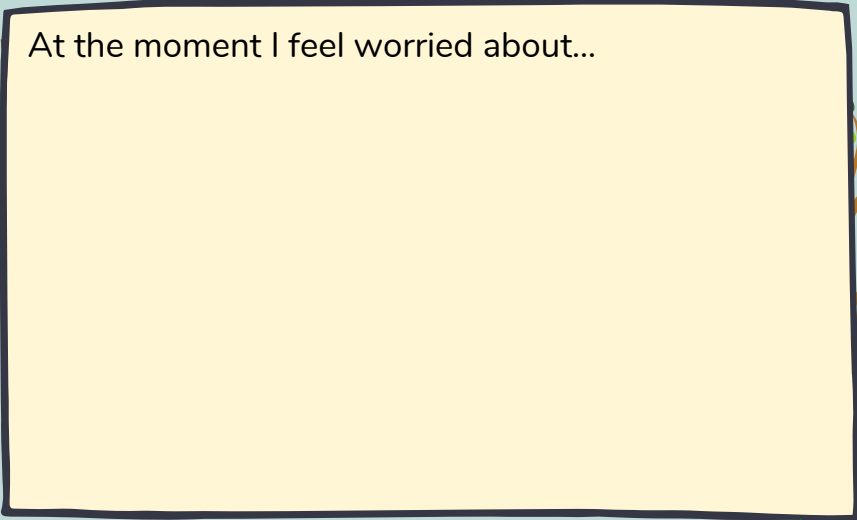
Can you list the people and places that make you feel most grounded?



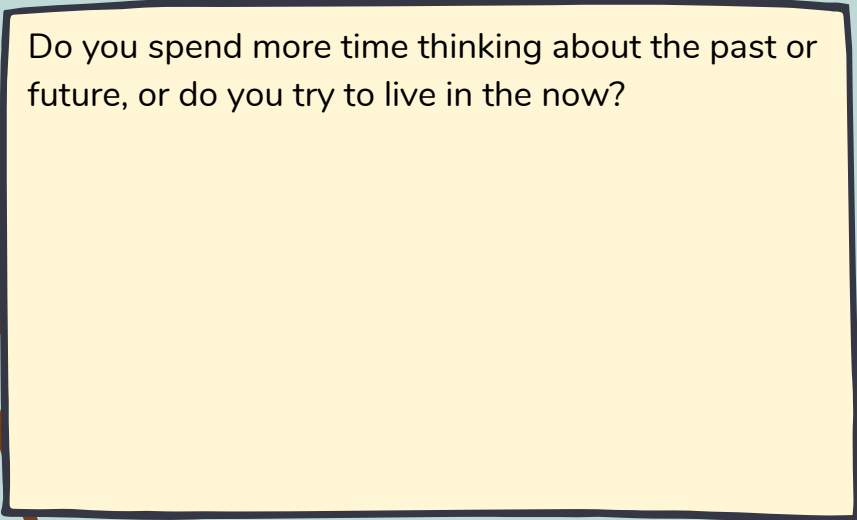


# Day 11

At the moment I feel worried about...



Do you spend more time thinking about the past or future, or do you try to live in the now?



# Day 12

3 places or images that make me feel in awe

1.

2.

3.



3 ways I could try to still my mind

1.

2.

3.



# Day 13

I know I can't control...

Can you list three things that are under your control?



# Day 14

When I look at the world I wish I could change...

How can you make a small positive difference in the world?





# Day 15

The natural skills and talents I have include...

How could you use these talents and skills to help others?



# Day 16

3 ways I know I already help others

1.

2.

3.



3 big changes I want to see in the world

1.

2.


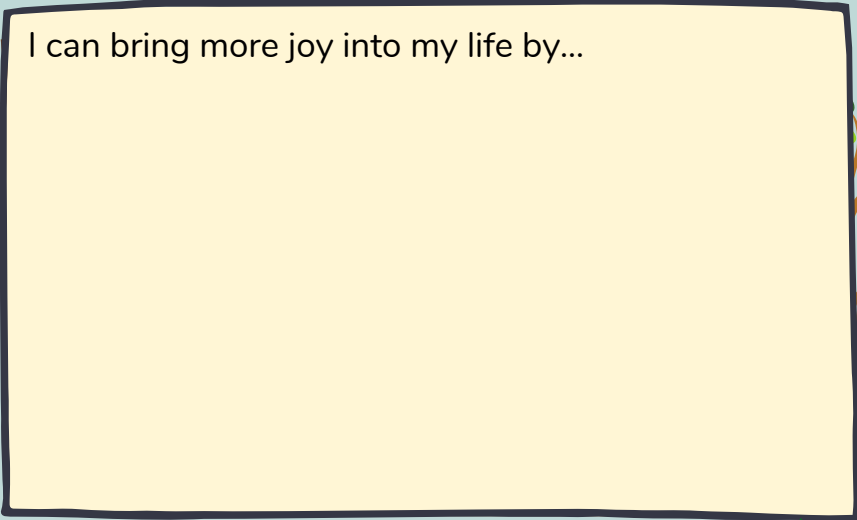
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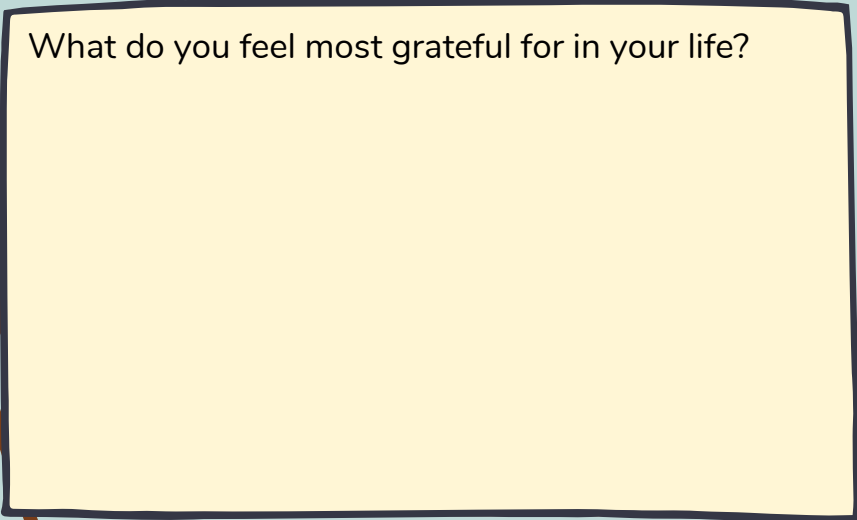


# Day 17

I can bring more joy into my life by...




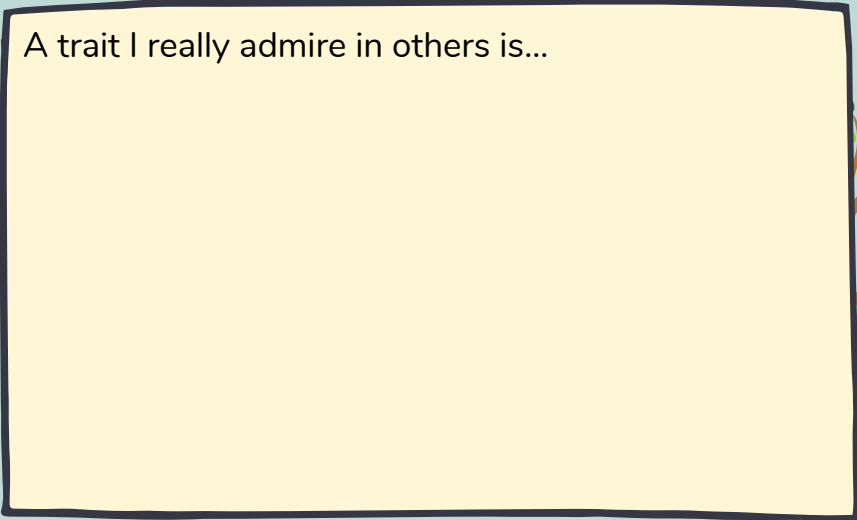
What do you feel most grateful for in your life?



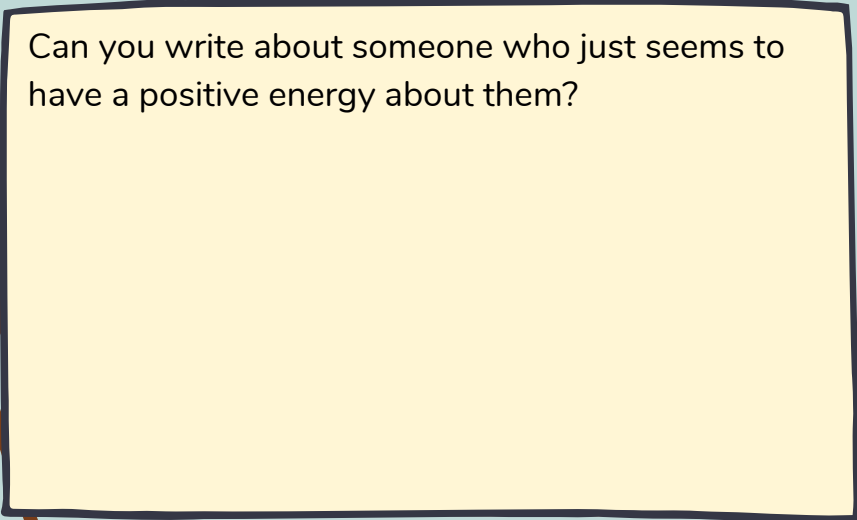


# Day 18

A trait I really admire in others is...



Can you write about someone who just seems to have a positive energy about them?



# Day 19

It's really important to me that I am seen as...

Which values do you choose to live by?



# Day 20

3 values that I can work on

1.

2.

3.



3 life ambitions I've always had

1.

2.

3.



# Day 21

I know I could do better at...

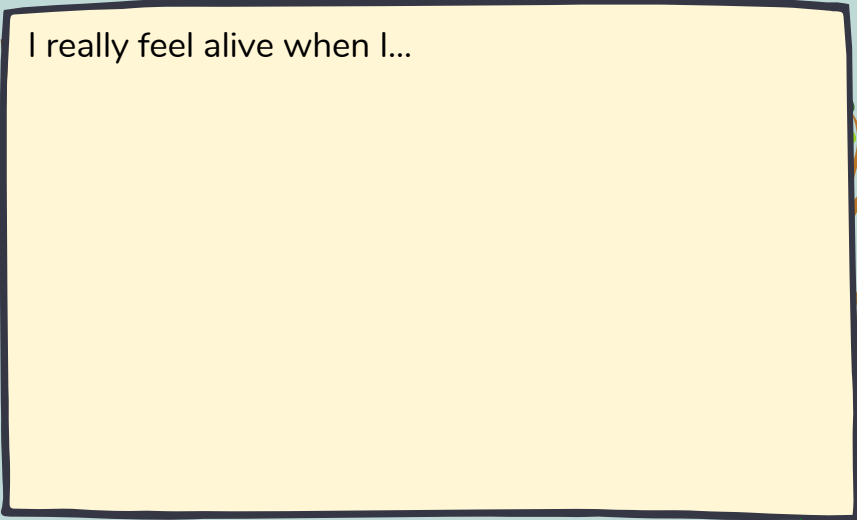
What do you acknowledge you haven't given your full time or attention to?



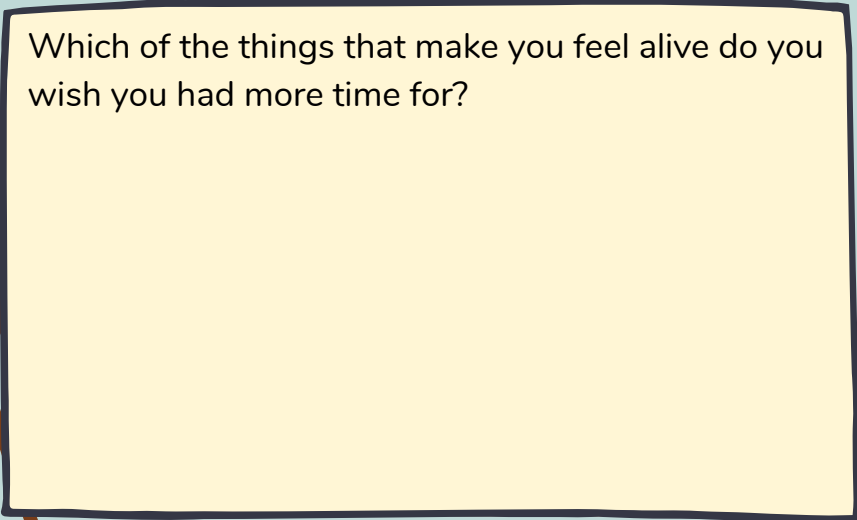


# Day 22

I really feel alive when I...



Which of the things that make you feel alive do you wish you had more time for?





# Day 23

Someone or something that really makes me laugh is...

How did you used to have fun when you were a child/younger person?



# Day 24

3 things that really comfort me

1.

2.

3.



3 things I can't live without

1.

2.

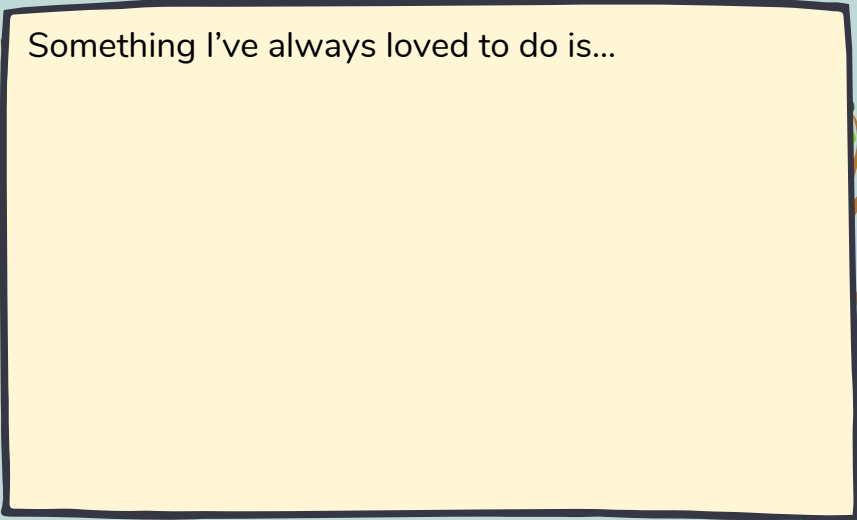
3.



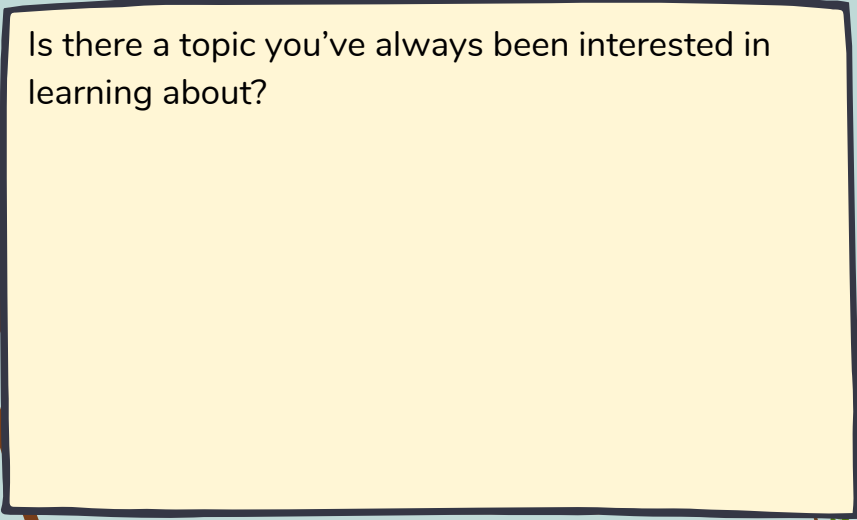


# Day 25

Something I've always loved to do is...



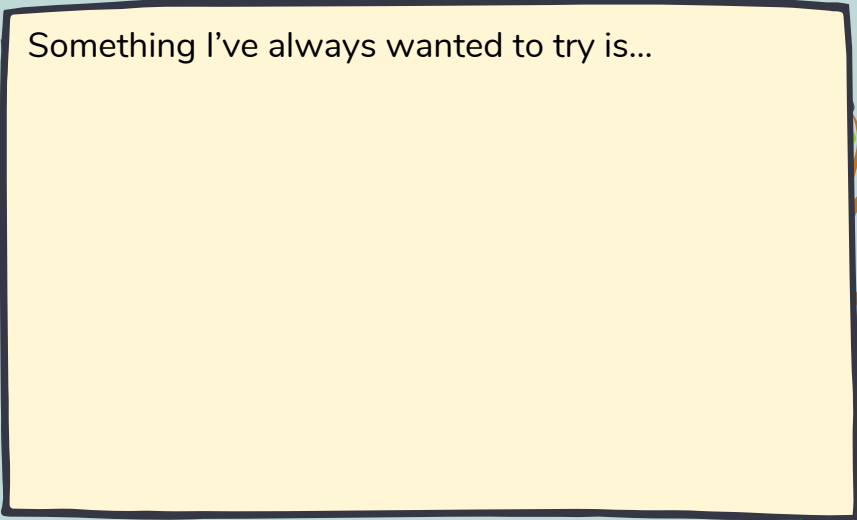
Is there a topic you've always been interested in learning about?



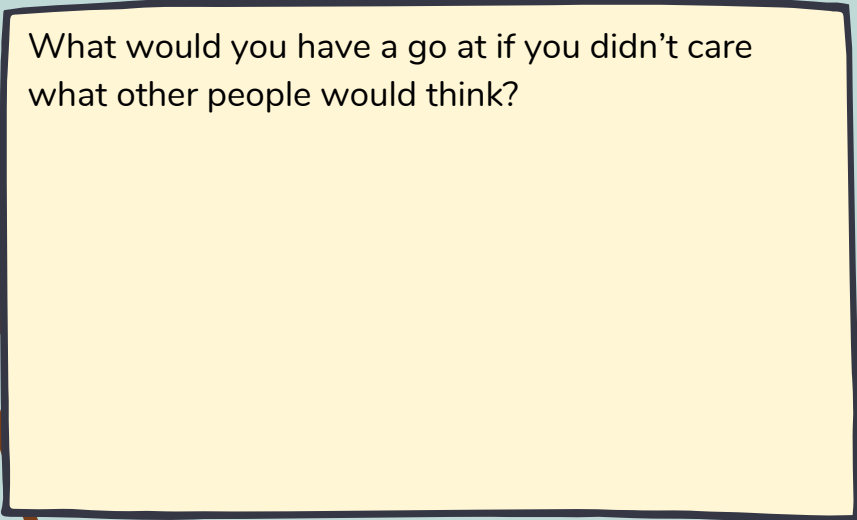


# Day 26

Something I've always wanted to try is...



What would you have a go at if you didn't care what other people would think?



# Day 27

If I wasn't afraid of failing, I might have a go at...

If you truly loved and believed in yourself, what next step would you take?



# Day 28

**Reflection:** read back through your answers and highlight any repeating patterns that you notice, such as words or phrases; any really emotive words; anything that triggers a strong feeling in you. Then, write five ways in which you can draw on what you have written and start to implement this in your life.

1.

2.

3.

4.

5.



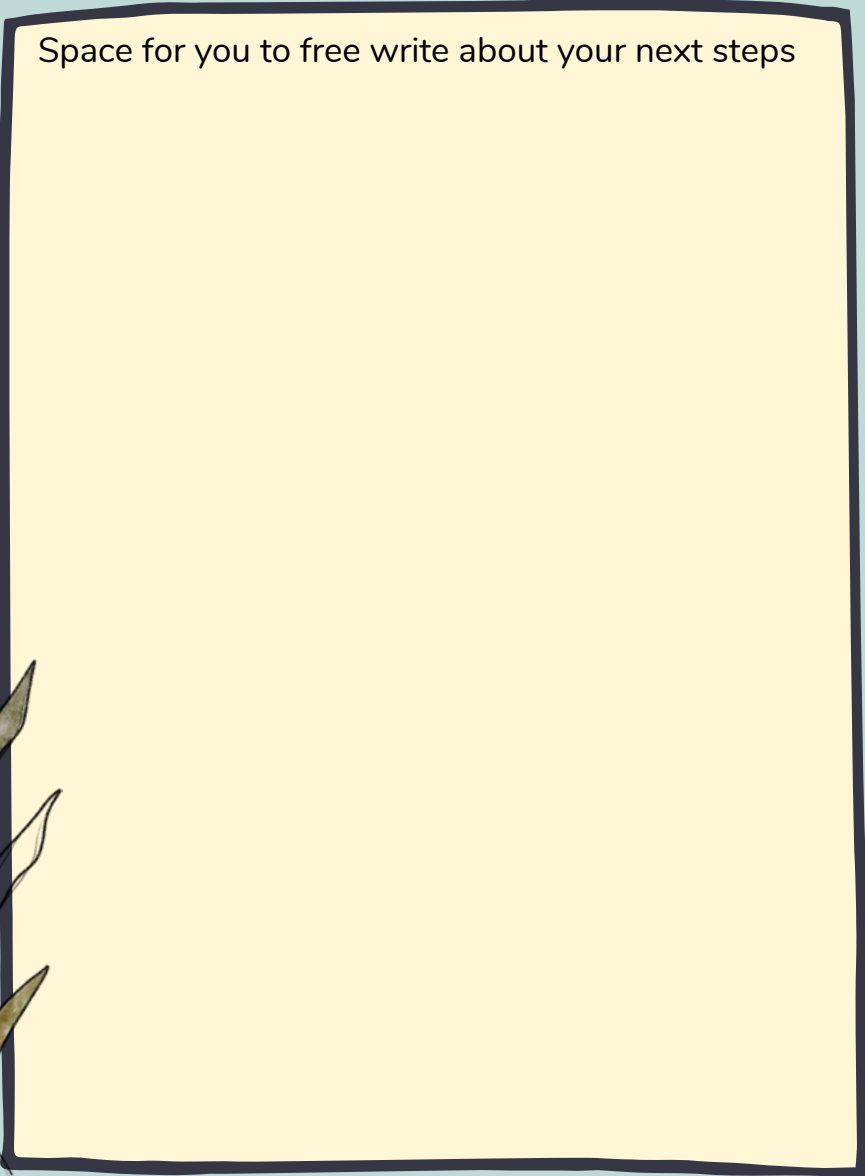
# Day 29

**Reflection:** How do you feel having completed this journaling challenge? What have you learnt? What will you take away? What do you really want to continue or do more of?



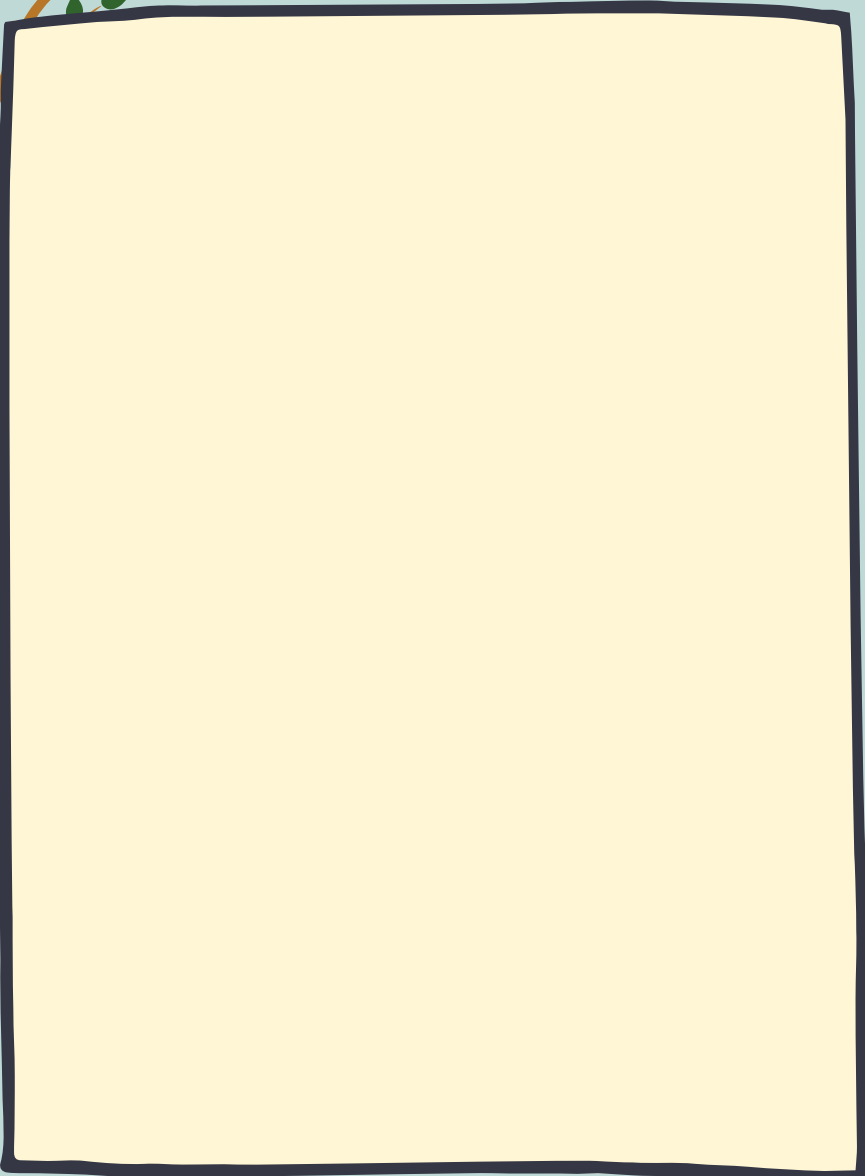
# Day 30

Space for you to free write about your next steps

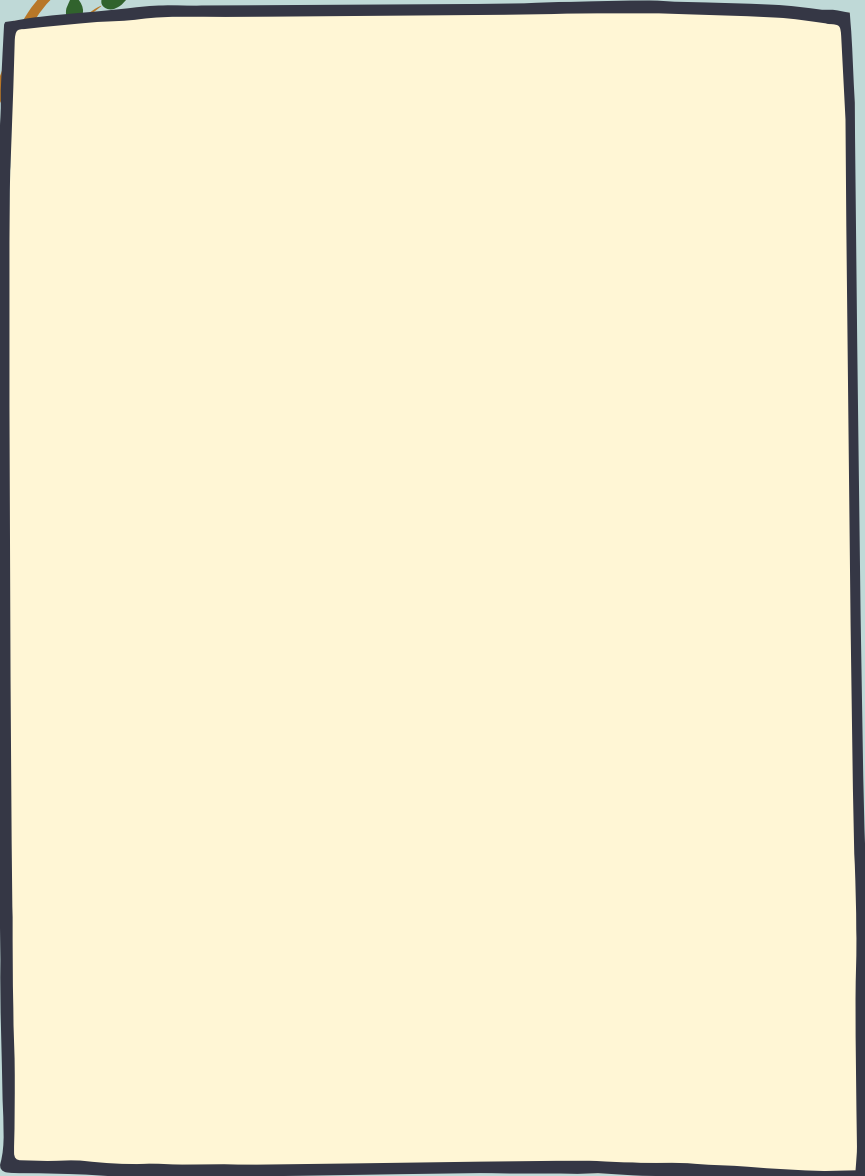




# Notes



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**The Creative Map**  
Creative Tools for Change

Everything we do at The Creative Map is designed to guide you through these five stages:

### **Step 1: What's Your Story?**

Using music, journaling, art, movement & storytelling to explore your identity, your story & your unique set of skills

### **Step 2: Pay It Forward**

Taking your personal experiences and turning them into an idea that could help others in a similar situation

### **Step 3: Building Your Community**

Creating a platform for your cause & building your community

### **Step 4: Funding Your Idea**

Generating funding to start & run your not-for-profit organisation or community group

### **Step 5: Making an Impact**

Planning for the longer term & making a bigger impact

### **Looking for more support?**

For ideas & Inspiration, browse the [blog](#) & [videos](#)

For step-by-step guidance, [choose a workbook](#)

For personalised support, [book a 1-1 call](#)

[www.thecreativemapic.com](http://www.thecreativemapic.com)



**The Creative Map**  
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This 30-day workbook has been compiled based on the most popular journaling prompts and discussions in our monthly creative wellbeing workshops. Each day you will find either a prompt and question or two lists to complete, with additional days allowing time for reflection and space for your own notes.

It has been designed to accompany you on your journey of self-discovery, to remind you that you are exactly where you are supposed to be, and that you already have within you, everything you need to succeed.

**More resources at:**

**[www.thecreativemapcic.com](http://www.thecreativemapcic.com)**

