



Introducing You!: Self-Journal questions to Get to Know Yourself

Emily Jacobs

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The Ultimate Collection of Journal Prompts How Well Do You Really Know Yourself? It seems that every day the world is moving faster and faster. There is always more to learn and more to do. If you aren't careful it is easy to get swept away into a mindless routine where you spend more time by yourself without even knowing who you really are. Journaling provides a way to find respite from the noise of the world and to take a little time to get to know yourself. This collection of journal prompts will help you to discover the thoughts and feelings you keep trapped inside. Sometimes you don't really know what you think about something until you begin to write about it. With over 100 different prompts, you will always find something to interest and motivate you as you sit to write in your journal. Prompts inside include: • Three people I would most like to meet • Three goals for this year • Three chores you would like to pay to have done • Time periods you would like to personally visit if time travel were possible • What three people make you laugh • And many more Journaling has been shown to have many benefits. It makes you smarter, helps you accomplish your goals, teaches mindfulness, improves memory, improves creativity, reduces stress, and improves self-esteem. This is the perfect book if you are just starting to develop the journal writing habit or if you are an experienced journal writer looking for some new inspiration. The sooner you get this book, the sooner you can begin discovering who you are and what you think about the world around you. What Are You Waiting For? Get Your Copy of Introducing You! Self-Journal Questions to Get to Know Yourself Today.

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