

3x5

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3x5 Leadership's Reflective Journaling Prompts

Below is a list of 30 recommended journaling prompts to answer on a routine basis (daily, weekly, etc.). Review the list and select a few questions that stand out to you or that you find challenge you as you read it. You can rotate what questions you journal about every day or rotate questions during seasons of your life (maybe every quarter or so) if you prefer.



1. What did I say I was going to do today in the important dimensions of my life?
2. What did I actually do today?
3. What am I proud of?
4. What am I not proud of?
5. How did I lead people?
6. How did I follow people?
7. If I lived today over again, what would I have done differently?
8. If I have tomorrow (and being acutely aware that some day I won't), based on what I learned today, what will I do tomorrow in the important dimensions of my life?
9. What's the purpose of my life, my organization, and/or my role in our organization?
10. What unique value do I add in my current role? What new value can I bring that I don't right now?
11. What imprint do I wish to create as a leader on my people and other stakeholders?
12. What am I avoiding?
13. How am I helping my people and colleagues achieve their goals?
14. How am I not helping or even hindering their progress?
15. How am I contributing to my least enjoyable relationship at work?
16. How could I have been more effective at my meetings today or this week?
17. How am I feeling about my leadership?
18. What deserves my highest-quality attention in my leadership? In my life? In the world?
19. What is the most outrageous, fun, or novel idea I've heard today or this week? What do I love about it? How can I nurture it's growth?
20. What contributed most to my joy this week? What about the joy of my people? How can I have more joy in my life?
21. Where do I most need to grow right now?
22. Is there an issue that I can't seem to wrestle down?
23. Am I experiencing a plateau in my career or with my work?
24. Am I failing to win in the most important relationships in my life? What's missing and what can I do to serve them better?
25. Do I need to examine or re-examine my purpose?

26. What should I be doing that I'm not doing now? What keeps me from doing what I should? What's holding me back and/or what am I neglecting?
27. Do I need to forgive someone or give someone grace?
28. What am I grateful for? Who can I thank with a "letter of gratitude?"
29. What am I spending my time on that's giving me the greatest return? What are my motives?
30. Do I value people? Do I value myself? Do I value where I am right now?

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