



31 Journal Prompts For More Resilience In Your Life



**1. HOW HAVE I  
MOVED  
THROUGH  
TOUGH  
EXPERIENCES  
BEFORE?**

This will help you  
reflect on how  
resilient you have  
been and can be.

## **2. HOW HAVE MY STRUGGLES SHAPED ME?**

Reflect on how  
your past  
struggles have  
made you into the  
person you are  
today.

### **3. HOW CAN I USE CHALLENGES TO FURTHER MY OWN PERSONAL GROWTH?**

Can you be more  
compassionate,  
stronger, smarter, more  
skilled, or something  
else as a result of this  
struggle?

## **4. DO I ACCEPT FAILURE? WHY OR WHY NOT?**

Can you accept that failure can be a good thing? Something that makes you better, stronger, or smarter.

**5. IS IT  
REASONABLE TO  
NOT ACCEPT THAT  
FAILURE AND  
SETBACKS ARE A  
PART OF LIFE?**

Contemplate this  
further! Will life always  
be smooth sailing? Do  
things NEVER go wrong?

## **6. HOW CAN I CO-EXIST WITH DIFFICULTIES?**

How can you remove the resistance? How can you accept hard times more?

## **7. DOES MORE SUCCESS MEAN MORE FAILURE?**

Is going after what you  
want guaranteed to  
bring more failure and  
difficulties into your life?  
Why?



## **8. HOW DO PEOPLE BECOME MASTERS AT THINGS?**

Do they make a lot of mistakes and experience failure? Are you willing to become a master at something?

## **9. WHAT HAVE I LEARNED FROM DIFFICULT TIMES?**

Reflect on the lessons  
you've learned during  
or after difficult times.

## **10. HOW CAN I AVOID GETTING STUCK IN MY COMFORT ZONE?**

The dreaded comfort zone. It's so comfortable! But, it keeps your life so SMALL. How can you get out of it more?

## **11. HOW CAN I FAIL MORE OFTEN?**

Yes, write about this!  
How can you  
experience more  
failure? For example,  
learn something new  
or try something  
new?

## **12. HOW CAN I OPTIMIZE MY RELATIONSHIP WITH ISSUES THAT ARISE?**

Can you improve your self-talk? Can you learn to love issues knowing they will lead to growth or better things?

### **13. WHO DO I WANT TO BE IN LIFE?**

Do you want to be someone who lives small and hides during hard times? Or do you want to be someone who takes risks and faces challenges head-on?

## **14. HOW WOULD THE IDEAL ME ACT IN LIFE?**

Would you be brave?  
Would you constantly be  
striving to become  
better?

Would you start a  
business or organization  
of some sort?

## **15. HOW CAN I ACT WITH MORE COURAGE**

How you act influences  
how you feel, so how  
can you act with more  
courage?



**16. WHAT HAVE I  
BEEN DENYING  
MYSELF BY NOT  
BEING RESILIENT?**

Get deep with this journal prompt. What have you been putting off that you really want? What rewards have you missed? What did you stop trying for when problems arose?

## **17. HOW CAN I BE WHO I WANT TO BE IN LIFE?**

In journal prompt 13, you contemplated who you want to be. Now, contemplate how you can be that person.

## **18. WHO CAN DO THE MOST HARM TO ME?**

Who can limit your beliefs, put restrictions on you, control your thoughts, and decide what kind of person you want to be?

## **19. HOW CAN I MASTER MYSELF?**

How can you stop doing so much harm to yourself? How can you develop characteristics that you want to develop?

## **20. WHO CAN MAKE ME THE HAPPIEST? HOW?**

Let's be honest,  
nobody can make you  
as happy as you can.  
How can you start to  
make yourself happier  
today?

## **21. WHAT OBSTACLES AM I CREATING?**

Are you sabotaging yourself from being more resilient? How? For instance, do you talk to yourself negatively? Why? How is that holding you back?

**22. ARE THERE ANY  
ADDICTIONS THAT  
ARE KEEPING ME  
FROM DEALING  
WITH LIFE?**

Can you admit to any addictions (mental or physical) that are keeping you from being resilient? How are they holding you back?

**23. ARE THERE ANY  
BAD HABITS THAT  
ARE KEEPING ME  
FROM DEALING  
WITH LIFE?**

What are the habits that keep you from dealing with life's struggles? In other words, what do you need to stop doing to help you be more resilient?



## **24. WHAT PRACTICES WILL HELP ME BE MORE RESILIENT?**

For example, maybe you can flip the script when issues arise. Instead of talking negatively about how they are holding you back, you can talk about how they are making you stronger.

## **25. HOW CAN I PURSUE EXCELLENCE IN LIFE?**

Can you boost your self-confidence or create some inspiring and motivating goals that help you move through tough times easier?

**26. WHAT AM I  
GOOD AT AND HOW  
CAN I USE IT IN  
TIMES OF  
DISTRESS?**

Are you able to see the bigger picture? Or do you have a talent that you can implement when something goes wrong?

## 27. AM I A PERFECTIONIST? HOW? WHY?

Do you want things to go a certain way? Perfectionism will keep you from being resilient because you will **resist** what happens outside of your plans.

## **28. HOW CAN I AVOID PERFECTIONISM IN THE FUTURE?**

It's important to strive for progress, not perfectionism.

How can you loosen up your beliefs and plans and leave room for things out of your control?

## **29. WHAT CAN I TELL MYSELF ABOUT MY ABILITY TO COPE?**

It's very important to start talking to yourself differently when it comes to your ability to cope. Affirmations are great for this. For instance: **I am stronger than I think.**

### **30. WHERE CAN I FIND SUPPORT WHEN I NEED IT?**

Support can help you be more resilient by giving you a shoulder to cry on as well as a sounding board as you work through issues. And, advice from other people can help shift your thoughts and beliefs and carry you through tough times.

### **31. HOW CAN I CULTIVATE MORE GRATITUDE IN MY LIFE TO HELP ME IN DIFFICULT TIMES?**

Practicing gratitude is essential for resilience. It helps you see the rainbow through the clouds. It helps you shift your thoughts and reactions and be more resilient in tough times.