

**100**  
**PROMPTS**  
**JOURNAL**  
**COLLECTION**

**10 Brutally Honest  
Prompts  
to Kickstart Your  
Self-Awareness Journey**

*(Whether You Like It or Not)*

Look, I get it. You're perfect.  
Except... you're not. And deep down, you know it. But don't  
worry—this journal won't let you keep lying to yourself.  
Consider these 10 prompts a little appetizer before the full  
100-course meal of reality checks.

**LET'S ROAST.**

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YOUR NAME / YEAR

1. If someone else made the same excuses you do, would you nod in sympathy... or roll your eyes so hard you sprain something?

2. Be honest: Are you actually manifesting your dreams... or just binge-watching shows about people who did?

A large, empty rectangular box with a thin black border, occupying the majority of the page below the question. It is intended for the user to write their response to the question above.

3. What's a hill you keep dying on, even though literally no one asked?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

4. If your inner monologue were a person, would you invite them to brunch... or block their number?

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5. Write down three things you say you “don’t have time for.” Now, explain your screen time report.

A large, empty rectangular box with a thin black border, occupying the majority of the page below the text. It is intended for the student to write their responses to the prompt.

6. When was the last time you took responsibility for literally anything instead of blaming Mercury retrograde?

7. Your future self just time-traveled here. They have one sentence for you. What is it? [And why is it probably, 'PUT THE PHONE DOWN'?]

8. What's one piece of life advice you give to others but refuse to follow yourself?

9. Describe yourself as if you were a side character in a sitcom. Now ask yourself: Why aren't you the main character yet?

10. What's your go-to coping mechanism? Be specific. Now, imagine how much further in life you'd be if you picked a better one.

# *Ready for the Full Roast?*

This was just a light warm-up. The full 100 Prompts for Self-Awareness Roast journal will lovingly drag you through every excuse, bad habit, and questionable life choice—so you can actually do something about them.

Get the full roast before your ego talks you out of it.

## **ALL THE TITLES IN THIS COLLECTION:**

- SET 1 -

### **1. JOURNALS THAT ROAST YOU, BUT HELP ANYWAY**

100 Prompts for Self-Awareness Roast  
100 Prompts for the Overachiever Who Needs to Chill  
100 Prompts for People Who Do Not Believe in Therapy  
100 Prompts for Inner Healing for Karens

### **2. INNER WORK FOR REAL PEOPLE**

100 Prompts for Copywriters  
100 Prompts for Day Traders  
100 Prompts for Stay At Home Moms  
100 Prompts for Therapists

### **3. JOURNAL FOR HARD TIMES**

100 Prompts for People who Have Lost a Loved One  
100 Prompts for Cancer Survivors  
100 Prompts for People who Experience Burnout  
100 Prompts for People with Trust Issues

### **4. COSMIC REFLECTIONS JOURNALS FOR THE SPIRITUAL COURIOUS**

100 astrology-themed prompts for inner work, self-reflection, and personal growth  
100 Prompts for Essential Oils Users  
100 Prompts for Numerology Lovers  
100 Prompts for Tarot Enthusiasts

### **5. THERE'S A JOURNAL FOR THAT**

100 Prompts for Drag Queens  
100 Prompts for People who Date Therapists  
100 Prompts for People who Do Standup  
100 Prompts for People Surviving Karens, Todd from Accounting, and Pointless Meetings

### **6. LITTLE MINDS, BIG THOUGHTS**

100 Prompts for College Kids  
100 Prompts for Kindergarten Kids  
100 Prompts for Neurodivergent Teens  
100 Prompts for Primary School Kids