

**BLICK  
RESOURCES  
FOR  
CREATIVES**

# Refining Your Idea: Getting to Know Yourself Journal Prompts

**Better understanding yourself as a person, what drives and motivates you, your hopes and dreams, strengths and weaknesses, will help you define your creative idea. It will steer you to an idea that makes you happy and fulfilled and fits with your life, your goals and your aspirations.**

01.

**Are you living the  
life that you  
want? If not,  
what do you  
need to change?**

**02.**

**What do you  
most like to do?**

**What makes  
you come alive?**

03.

**What is your  
dream life and  
lifestyle?**

**04.**

**Are you earning  
the money you  
need to live your  
dream life?**

05.

What do you think are your strengths and what do you think you could work on?

**06.**

**What skills  
would you like to  
develop and  
how would you  
like to challenge  
yourself?**



07.

What would you  
most like to  
achieve in life?

**08.**

**If you were to  
look back on  
your life, what  
would you most  
regret not  
doing?**