



Contemplation Prompts
**PERSONAL
GROWTH**

A large sunflower is the central focus, with its head tilted slightly to the right. The background is a bright blue sky with soft, white clouds. The sunflower's petals are a vibrant yellow, and its center is a dark brown. The overall scene is bright and cheerful, suggesting a sunny day in a field.

Contemplation Prompts

personal growth

- How have you improved in the last 5 years?
- What is something new you'd like to try?
- List 5 ways you're proud of yourself

"Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination."
– Dr. Mae Jemison

Contemplation Prompts

personal growth

- What can I do today as a gift to my future self?
- What new experiences have you had lately?
- List 5 recent tiny victories.

“You are your best thing.” - Toni Morrison

Contemplation Prompt

personal growth

- What has been inspiring you lately?
- What has been draining your energy?
- What are 3 things you'd like to complete today?

"We need to do a better job of putting ourselves higher on our own 'to do' list."
- Michelle Obama

Contemplation Prompts

personal growth

- How am I feeling recently?
- Who do I want to be for myself?
- What do I need more of in my life?

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” - Maya Angelou