LEVEL UP: YOU

67 JOURNAL PROMPTS FOR THE GAMER TEEN

>> PRESS START ON SELF-DISCOVERY <<

KALEIDOSCOPE COUNSELING ELEMENTS

- SELF-AWARENESS
- EMOTIONS & REGULATION
- CONFIDENCE & GROWTH MINDSET
- RELATIONSHIPS & CONNECTION
- PURPOSE & VALUES
- COPING & RESILIENCE
- MINDFULNESS & WELL-BEING

1 What are your strongest character stats? (Ex: courage, loyalty, creativity)

2 What level are you on in life right now? What's the mission?

3 What's a recent achievement you're proud of? How did you earn it?

4 Who is in your support party? How do they help you?

5 What are your core values? What do you refuse to compromise on?

6 What's a tough boss (challenge) you're facing today?

7 How do you recharge your energy after a long day?

8 What makes you feel most like yourself?

9 What emotions are you experiencing most often? Why?

10 What's something you used to believe you couldn't do?

11 How do you show up as a good teammate or friend?

12 What kind of legacy do you want to leave behind?

13 What strategies do you use to handle stress or pressure?

14 What helps you stay focused and in the zone?

15 What are you learning about yourself right now?

16 How do you handle big emotions in the moment?

17 Write about a time you pushed through and leveled up.

18 Who do you find easy to talk to? What makes that connection meaningful?

19 What does purpose mean to you?

20 What's a helpful coping tool you can always keep in your inventory?

21 How do you practice self-care when life gets overwhelming?

22 What do you like most about your personality?

23 What triggers your stress or frustration?

24 What's a skill you'd like to level up?

25 How do you handle conflict with others?

26 What are you passionate about?

27 When you fail, what helps you get back up and try again?

28 What small habit could improve your well-being?

29 What's something you wish more people understood about you?

30 How do you know when you need a break?

31 Celebrate a win, no matter how small.

32 Who inspires you, and why?

33 What kind of world do you want to be part of creating?

34 What's a challenge that made you stronger?

35 What helps you quiet your mind?

36 What are your unique gifts?

37 How do you express your emotions healthily?

38 What's evidence that you're growing as a person?

39 How do you show kindness to others?

40 What do you want your future self to be proud of today?

41 What can you control, and what can you let go of?

42 How can you create more balance in your life?

43 What boundaries are important for you?

44 What emotions are hard for you to talk about?

45 Write a letter to your future self.

46 How do you handle peer pressure?

47 What's something you believe in strongly?

48 What's a plan you can make to reach a personal goal?

49 What are three things you're grateful for today?

50 What would your life be like on easy mode?

51 What's one thing you want to heal from?

52 What are you excited to learn or try next?

53 How do you build trust in a relationship?

54 What impact do you want to have on others?

55 What helps you stay motivated when it's hard?

56 How do you recognize when you need help?

57 What makes you feel confident?

58 How do you deal with setbacks?

59 What's something you're proud to have overcome?

60 What does loyalty mean to you?

61 What are your dreams, big or small?

62 What's a positive self-talk statement you can use?

63 What activities make you feel most like you?

64 If your life were a game, what would the title be?

65 What's a lesson life has taught you recently?

66 Design your next level. What will it look like?

67 You are the hero of your story. Keep showing up. Keep leveling up. You've got this. GAME ON.

SAVE YOUR PROGRESS. YOU MATTER.

EVERY DAY IS A NEW QUEST. BE KIND TO YOURSELF ALONG THE WAY.

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