



101 Self Exploration Journal Questions: A Creative Writing Workbook With Interesting Self Discovery Questions to Ask Yourself

Veena N. Rutherford

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"...The art of knowing yourself is the path to true happiness. Once you have made friends with your inner-self, you can overcome any obstacle..."

101 Self Exploration Journal Questions is a self exploration workbook designed specifically for you to learn more about your deepest thoughts and desires. You will learn things you never knew about your true personality and venture on a journey of self-discovery.

You will find out what you really think about things, and may realise where you can improve your life to get what you really want deep down and get where you want to be. This journal may lead you on the path to happiness. We guarantee you will love it.

Whether for adults or teenagers, everyone will love this journal. You can tackle just 1 question a day in your favorite chair. With 101 different questions to quiz your true self, you are sure to be amazed and highly entertained as you discover what you really think about your past, present and future. Not only will this book enlighten you, you may also be able to realize exactly where you can change your life and find out how to be happy.

Creative journaling is a great way to perform new age meditation. It can be highly therapeutic to go through this book, even if you only answer one creative writing question a day. Try answering one before bed, or first thing in the morning so it gives you something to think about during your day. We guarantee however, that once you get started, you will find this self exploration journal highly addictive and soon you will want to complete it.

Get this self exploration book for yourself, or buy one as an unusual gift for friends and family. They would love to receive a workbook with creative journal prompts for adults as an unusual present that no one else you know is likely to get them. A gift that will last, be used, treasured and even passed on to others. Once you start answering the questions, you will find yourself wondering how people you know would answer. Perhaps you could order several copies and share and compare your answers with your friends and relatives...

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Paula Royce:

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Terry Snider:

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Jennifer Gallant:

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