

# 25 Journal Prompts

About Your Support System



Kind Compass Coach

[kindness-compassion-and-coaching.com](http://kindness-compassion-and-coaching.com)

# About your Support System

1) Who do I feel safe with?

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2) Who makes me laugh?

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3) Who knows how to comfort me?

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# About your Support System

4) Who is my best listener?

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5) Who inspires me?

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6) Who do I wish I was with, right at this moment?

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# About your Support System

7) Who makes me feel loved?

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8) Who has shown up for me in difficult times?

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9) Who can I be alone with, in silence?

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# About your Support System

10) Who reads my moods best?

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11) Who respects my boundaries?

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12) Who understands my personal values?

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# About your Support System

13) Who makes me feel valued?

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14) Who gives me space when I need it?

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15) Who am I most grateful for in my life?

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# About your Support System

16) Who brings out the best in me?

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17) Who is truly invested in my happiness?

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18) Who has been kind to me?

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# About your Support System

19) Who loves me unconditionally?

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20) Who shares my passions in life?

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21) Who will tell me when I'm wrong?

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# About your Support System

22) Who has taught me the most?

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23) Who knows me the best?

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24) Who encourages me to prioritize myself?

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# About your Support System

25) If I had a week to live, who would I spend it with?

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What are my intentions to build my support system?

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