Taylor Swift Self-Discovery Questions by Album

These journal prompts were created as a pre-order promotion for my book, The Story of You: A Swiftie Journal & Coloring Book for Self-Discovery, and I would highly recommend checking it out if you enjoy these prompts! You will love it! In the meantime, you can use these questions inspired by each album to begin your self-discovery journey. You can use them however you'd like – contemplate the answers in your mind, use the questions as journal prompts, or discuss them with your friends. However you choose to use them, I hope they inspire you to think about the story of who you are. For more self-discovery content, check out PositivelyPresent.com. (There's a Taylor Swift section on the blog!)

Questions Inspired by Taylor Swift

1. When you think of happiness, what comes to mind?
2. Is there someone you wish you could be more like?
3. Do you feel like you know (and like) your place in the world?
4. Are you more of a cold (aloof) person or a warm (friendly) person?
5. How often do you feel like you're on the outside of a group?
6. Do you typically look for the beauty in others?
7. Is there someone (or something) you wish you'd said no to?
8. How much does your past influence your present?
9. Do you remember your childhood crush?
10. What do you like to do on a typical Friday night?
11. Who brings out the best version of you?

12. Do you ever feel like you're invisible?

13. Have you ever broken someone's heart?

Questions Inspired by Fearless

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1. What's the bravest thing you've ever done?

2. How would you describe yourself at age fifteen?

3. Have you been part of a love story?

4. When did you last give or receive forgiveness?

5. Is there someone you know better than they know themselves?

6. How often do you change your mind about people?

7. Has someone ever tried to put down your dreams?

8. What qualities do you value most in a relationship?

9. Has love ever made you do something a bit crazy?

10. What's the best day you've had so far?

11. Would you rather be a princess or a pirate?

12. Have you made any changes in your life lately?

13. Do you think you'd enjoy being a superstar?

Questions Inspired by Speak Now

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1. What's the best thing that's ever been yours?
2. Are you likely to do something even if you know it's a bad idea?
3. What would be the title for the story of your life?
4. Is there a particular memory you go back to all the time?
5. Would you ever stop a wedding you knew wasn't right?
6. Have you ever written a "Dear John" breakup letter?
7. When was the last time someone was mean to you?
8. Is there a storyline in your life that you hope ends soon?
9. What did you love most about being a child?
10. How do you feel about the concept of revenge?
11. Do you believe it's never too late to start over?
12. Is there a memory that haunts you?
13. What would you like to be remembered for?

Questions Inspired by Red

1. What (or who) is your Achilles' heel?
2. If you were a color, what color would you be?
3. Are you reckless when it comes to romance?
4. Have you ever been with someone who was trouble?
5. Who does "All Too Well" make you think about?
6. Can something be both magical and miserable?
7. Would you ever get back together with an ex?
8. Do you consider yourself to be lucky?
9. How do you get to know someone better?
10. Do you have any dreams that feel impossible?
11. Are you excited by new beginnings?
12. Have you worried about losing your youth?
13. Who do you think still thinks about you?

Questions Inspired by 1989

1. How do you feel about New York City?
2. Is love a game you like to play?
3. What style do you find attractive in a partner?
4. How anxious are you in relationships?
5. Is there someone you wish had stayed in your life?
6. How do you shake off a bad day?
7. Do you have bad blood with anyone?
8. What is your wildest dream?
9. Can a romance be both good and bad?
10. Would you want to visit Wonderland?
11. What have you learned from life's classroom?
12. Is there someone you no longer talk to that you miss?
13. Can you remain friends with an ex?

Questions Inspired by reputation

1. What are you ready for right now?
2. Do you know who you want to be your "end game"?
3. Have you ever done something bad that felt good?
4. Does love ever feel like a drug?
5. Have you ever had a bad reputation?
6. Are you a jealous partner?
7. Who is the most gorgeous person you know?
8. Have you ever had a friendship turn into something more?
9. Are you able to forgive easily?
10. Who always sees the best in you no matter what?
11. What's the nicest thing you own?
12. Do you love drama? Does it love you?
13. How do you feel about New Year's Eve?

Questions Inspired by Lover

1. Would you keep secrets to keep someone you love?
2. How likely are you to blow things out of proportion?
3. Who will you always save a seat for?
4. Are you / would you be a good boss or leader?
5. Do you usually feel more like the archer or the prey?
6. Have you had an enemy that started as a friend?
7. How do you feel about America right now?
8. What or who do you hope you never lose?
9. Do you believe that time heals all heartbreak?
10. Who or what can quiet your fears?
11. If you were a city, what city would you be?
12. What makes you the only one of you?
13. Is "you are what you love" a true statement?

Questions Inspired by folklore

1. Do you say yes more than you say no?
2. Is there someone who haunts all of your what-ifs?
3. What is your worst fear?
4. Do you change parts of yourself to fit in?
5. Are you still friends with someone you knew at age seven?
6. Do you feel like you're living for the hope of it all?
7. What is something that you're trying right now?
8. Do you feel like you have wasted potential?
9. Have you ever had an illicit affair?
10. What do you do when you're really angry?
11. Would you be with someone who couldn't give you peace?
12. How often do you have sleepless nights?
13. Where do you like to go when you're grieving?

Questions Inspired by evermore

1. Who would you follow wherever they stray?
2. Have you let someone go because you weren't ready?
3. Do you enjoy the feeling of falling in love?
4. How often do you wonder about the road not taken?
5. Have you ever felt tolerated when you should've been celebrated?
6. How easy is it for you find happiness?
7. Who would you thank first if you won an award?
8. Have you ever swindled or hustled someone?
9. Would you rather a lifetime of achievement or a lifetime of love?
10. Are / were you close with your grandparents?
11. Do you need closure to move on?
12. What's a pain you thought would last forever but didn't?
13. How do you know when it's time to leave a relationship?

Questions Inspired by Midnights

1. How do you feel when people bring up your history?
2. What do you want to get off your chest?
3. Do you ever feel like the anti-hero?
4. Has a scene of your life ever felt like a movie?
5. Do you usually feel like you're on your own?
6. Are you midnight rain or sunshine?
7. What question would you like to ask an ex?
8. Who do you dress for when getting dressed up?
9. Do you believe in the concept of karma?
10. Is it difficult for you to trust others freely?
11. What memories feel like weapons to you?
12. Have you ever deserted a past version of you?
13. Are you a pathological people pleaser?

Questions Inspired by The Tortured Poets Department

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1. How often (if ever) do you change aesthetics?
2. Has a relationship ever felt like it was ruining your life?
3. Can you decode others, and can they decode you?
4. How often do others' moods impact your own?
5. Do believe that aliens exist?
6. Is there anyone or anything you resent right now?
7. What do you do on your bluest days?
8. Have you ever dated someone that others disapproved of?
9. How easily can someone change your mind?
10. Have you ever done something that felt unforgivable?
11. Do you know someone who is a paradox?
12. Who and what trained you to be who you are?
13. Have you ever believed you could fix someone?
14. Would you rekindle a flame with an ex?
15. What's the hardest thing you've had to do while brokenhearted?

16. Is there someone you will forget but not forgive?

17. How important is beauty in your life?

18. Do you think old habits always die screaming?

19. Is a devil you know better or worse than one you don't?

20. Have you ever been with someone who is the opposite of you?

21. How often do you take chances?

22. What comes to mind when you think of high school?

23. Do you love or hate where you are right now?

24. Have you met the love of your life?

25. Who can you thank for your personal growth?

26. In a crowd of everyone you know, who would you look for first?

27. Have you ever told the truth but weren't believed?

28. Are you more likely to be the one who stays or leaves?

29. What kind of ruler do you think you'd be?

30. Does looking backwards help you move forward?

31. Would you want to reread the story of your life?

Questions Inspired by The Life of a Showgirl

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1. What saves you when you're feeling melancholy?

2. What would you have to lose to cry your eyes violet?

3. How do you make your own sunshine when life feels dark?

4. Have you ever experienced freedom after failure?

5. What impact do you think your birth order (eldest, middle, youngest) has on your life?

6. Have you ever risked ruining a friendship with a romantic gesture?

7. What gestures do you consider to be actually romantic?

8. What's currently at the top of your wi$h li$t?

9. Are you superstitious? If so, do you knock on wood, etc.?

10. If you were ever "cancelled," what would you be cancelled for?

11. How do you feel about pet names like "honey," "sweetie," etc.?

12. What's the greatest pearl of wisdom you've ever heard?

13. Do you think you would enjoy a career on stage?

If you enjoyed these prompts, you'll love, The Story of You: A Swiftie Journal & Coloring Book for Self-Discovery! You can find it wherever you like to shop for books (or find links to all of the major retailers on PositivelyPresent.com).