

Prompts to Journal

- What are my most important needs and desires? Does my present life fulfill them?
- What are my most important values and how am I living in ways that are not aligned with my values?
- What are the operating principles of my life?
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- What is my life's purpose?
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- What are my personal gifts?
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- Which three words describe me best?
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- What's one thing I would like to do more of and why? How can I make that happen?
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- What's one thing I would like to do less of and why? How can I make that happen?
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- What would I like to stop worrying about? What steps can I take to let go of the worry?
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- How do I move past unpleasant thoughts or experiences?
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- When I'm in physical or emotional pain, what are some of the best things I can do for myself?
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- What's keeping me awake at night?
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- What drains my energy? How can I remove it from my life or protect myself from its negative effect?
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- How do I feel about the pace of my life? Is it too fast, too slow, or just about right?
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- How do I feel about my last mistake and what did I learn from it?
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- Do I wait for others to solve my problems? Why is that?

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- What makes me feel motivated, inspired, excited?
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- Am I holding onto something that would be better to let go of? What is it and what's holding me back from letting go?
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- Do I have unfinished business? With whom? What inner work needs to be done to heal this? What steps can I take to bring resolution?
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- In what areas of my life am I trading authenticity for safety, or what appears to be safety?
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- How am I censoring what I really think or feel?
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- What holds me back from being more authentic?
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- How much personal time do I need each week to function well and feel happy?
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- What limiting beliefs impact my life in undesirable ways? What is the origin of each belief? Is each belief still true for me today? What positive beliefs would counterbalance each one?
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- How do I feel when I enforce my personal boundaries?
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- What's behind my hesitancy to set personal boundaries, both in general and in particular situations?
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- How do I sabotage myself?
- In what ways do I feel responsible for everyone and everything?
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- How much do I trust myself? Do I listen to others more than myself?
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- How do I feel about getting quiet, listening deeply and patiently to my inner wisdom?
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- Do I hold back from asking the big questions? The hard questions? If so, what scares me?
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- How do I hesitate or refuse to take action on what my heart tells me?
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- In what ways is my self-acceptance conditional, dependent upon the validation of others or specific accomplishments?
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- If I could change one thing in my life, what would I change and why?

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- Do I feel supported by my family or friends? Who supports me or who doesn't?
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- Do I surround myself with mostly positive or mostly negative people? How does that work for me?
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- What are my favorite ways to take care of myself physically, emotionally, mentally, and spiritually?
- How do I feel about my relationship with my body
- Do I feel comfortable expressing myself?
- Do I feel seen, heard, and valued?
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- Do I have any regrets about my life so far? What changes can I make so I don't continue to live with regrets?
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- How do I feel about accepting my "negative" qualities? Am I able to accept my whole self?
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- What does my inner critic tell me? How does it stop me from moving forward?
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- What important needs do I have that aren't getting met?
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- How do "shoulds" influence my choices rather than my own wishes and dreams?
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- What makes you feel most like yourself. Why?
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- Am I getting too caught up in other people's problems?
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- What's my biggest dream?