

7 Recommended Journal Prompts

Prompts for deeper reflection and honest self-inquiry

- 1 Where do I feel the biggest strain in my life today, and what is that feeling asking me to notice?
- 2 Which boundary needs reinforcement this week so my body and mind can exhale?
- 3 What small promise to myself did I keep recently, and how did that shift my confidence?
- 4 When I imagine my most grounded day, what habits or moments stand out?
- 5 Where am I still grieving, and what support would feel nourishing rather than overwhelming?
- 6 What identity am I ready to release, and what identity am I beginning to build?
- 7 What would change if I gave myself permission to move slower for the next 48 hours?

EFFECTIVE JOURNALING APPROACHES

- **Set a 10-minute timer**
Enough space to access honesty without spiraling.
- **Close with a next step**
Capture one micro-action or mindset shift before ending.
- **Ground yourself first**
Breathe, place both feet on the floor, and relax your shoulders.
- **Revisit weekly**
Skim previous entries to track themes and celebrate quiet wins.
- **Use sensory detail**
Name what you see, hear, and feel to stay in the present.