

# TRANSFORMATIONAL *Journaling*

## 1001 Journal Prompts



### *Journal Prompts for Self-Awareness and Personal Discovery*

- ★ What would you do if you could live a day without consequences?
- ★ What does my higher self have to say?
- ★ What activities make me feel most joyful?
- ★ What activities make me feel most alive?
- ★ Who are the people in my life that make me feel the most comfortable and at ease? Why?
- ★ What have you been holding onto in your life out of habit or fear that is no longer serving you. How can you start letting it go?
- ★ What would you do right now if you knew you couldn't fail.
- ★ If you came into millions of dollars what things in your life that you do now would you stop doing? What would you try?
- ★ What is something you've been wanting to do but putting off? Why? What would happen if you just did it?
- ★ What is the number one belief you feel holds you back from achieving more in your life? Where/who did it come from? Is it true?
- ★ What have you been holding on to in your life out of habit or fear that no longer serves you. How can you start letting it go?

- ★ If you could go back and live your life over again, what would you do differently?
- ★ What things in my life bring me the most joy? Can I do them more?
- ★ On a scale from one to ten how frustrated am I right now? Why that amount?
- ★ On a scale from one to ten how happy am I right now? Why that amount?
- ★ Does my outer world reflect my inner world? To whom or what have I given my power? Why did I give it away? What did I gain (there was something or you wouldn't have done it)? Am I still benefiting from giving away my power or is it time to reclaim it? How can I get it back? How well does my outer life/world represent the person I am and the person I want to be on the inside?
- ★ What is your biggest dream? Biz related or life related. What do you really want, not think you should have? What do you think is standing in your way of having that?
- ★ On a scale from one to ten how sad am I right now? Why that amount?
- ★ Make a list of your life's greatest dissatisfactions. How do you try to resolve or avoid these dissatisfactions? What would it be like if you tried accepting them?
- ★ Are there ways in which you have been isolating yourself?
- ★ What are you worried most about these days?
- ★ Do you keep running into the same unhealthy relational dynamics? Are your instincts often 'off'?
- ★ Have you ever felt your inner resolve aligned with divine will?
- ★ Do you sometimes feel excluded, or exclude yourself out of fear?

- ★ Think of a leader in your life, or in the world, for whom you have great respect. What qualities do you most appreciate in this leader? What is one thing you can do today to be more like this person?
- ★ Is there a structure you hold onto rigidly that you can find a way to hold just a bit more lightly?
- ★ What are the fears you refuse to face or deal with?
- ★ When was the last time you enriched someone's life?
- ★ Have you outgrown a part of your life? Are you afraid to let go?
- ★ Do your fears keep you feeling agitated, hopeless or shut down?
- ★ Where is your hunger insatiable?
- ★ Do you feel best when you're mentally certain about something?
- ★ Have you given up on your life? Do you sometimes feel like no matter what you do, your life won't get better?
- ★ When was the last time you felt you were on a true Adventure, or experienced a sense of Boundlessness?
- ★ Practice Mindfulness today. Simply watch your thoughts, impulses and actions, without trying to change, re-direct or censor them. Notice which ones are most difficult for you to look upon with neutral compassion. Journal on your experience.
- ★ Do you avoid boredom at all costs by keeping busy, or forever looking for that next heightened experience?
- ★ Track your worry throughout the day. Watch it shapeshift.
- ★ What old relationships are interfering most with your new ones?
- ★ Do you reject people before they have the chance to reject you?

- ★ If you were to write your own myth, what would it be about? Who would be the protagonist? Write a simple myth in your journal. Let the story impact your life.
- ★ How have your unsatisfying experiences contributed to your evolution and growth as a person? To the service you provide?
- ★ Find a place in your life where you've been resisting change. Write down what you appreciate most about how things are. Then find a way to breathe new life and Spirit into the old routine.
- ★ Do you shy away from life? Or do you engage in risky behaviors?
- ★ Do you often push people away before they come too close?
- ★ What leap are you being called to take at this time of your life? Find a creative way to explore an unknown.
- ★ Think of a time when you were courageously Transparent. How were you received? How did you feel?
- ★ Does your anger ever get the better of you? Do people sometimes feel provoked by you, and you don't always understand why?
- ★ Think of something that truly scares you. Move towards it with a symbolic or creative act.
- ★ Have you ever surrendered so deeply to a physical activity, dance or movement that you lost total track of time?
- ★ Think of a time you faced a fear and experienced a breakthrough. What were you afraid of? What and who gave you courage?
- ★ Pick a favorite distraction. Give it up for a day. Journal on what happens.
- ★ What is coming to an end, or needing to die in your life?

- ★ Where do you feel trapped or imprisoned by fear in your life?
- ★ How can you tell when you are thinking with your heart? Reflect upon these questions in your journal.
- ★ Might your certainty about a philosophy, system or path be hiding a deeper fear of the unknown?
- ★ What are the ways you avoid feeling pain and confusion? By fitting in? Overthinking? Keeping busy? Getting angry?
- ★ Do you fantasize a lot, but have difficulty making things happen?
- ★ In what areas of life are you a leader? Have you ever been able to represent others by listening deeply and giving them a voice?
- ★ Share a dream with someone you trust. Let them in. Let them influence the shape and direction of your dream.
- ★ Do you tend to avoid uncomfortable feelings through peacemaking, or by overreacting and exacerbating conflict?
- ★ Where do you feel most inadequate? How does 'not feeling good enough' impact your thoughts, feelings and actions?
- ★ Are you afraid of your own power?
- ★ Does a combative style sometimes sabotage your relationships?
- ★ How can you take a stand for something or someone today. Honor what truly matters.
- ★ Are there certain things, situations and people you feel you just have to understand, or you can't relax?
- ★ Without certain structures in your life, would you fall part?

- ★ Go on a walk and instead of distracting yourself with music etc. try to connect with nature and your heart. Journal on your experience when you return.
- ★ what is your favorite funny, heart-warming movie that makes you smile? What about it do you love so much?
- ★ Think of a time you experienced or expressed your wisdom.
- ★ Do you lead in the spirit of humility and service?
- ★ Do you tend to over-think and nit-pick, or become paralyzed with indecision?
- ★ Reflect upon a current project. How can you re-infuse it with goodwill and a loving intention?
- ★ Embrace a change in your life. Find a concrete and empowering way to celebrate it.
- ★ Do people tend to feel intimidated or inadequate around you?
- ★ Do you prioritize harmony over aliveness, depth and honesty?
- ★ How might the fear of being controlled be running your life, or influencing the decisions you make?
- ★ Remember a time when you experienced inner Strength. Where were you? What happened? How did you feel?
- ★ In what relationships do you tend to be controlling? Submissive?
- ★ Who has given you their power? Is it time to give it back?
- ★ Where do you desire more movement in your life? Who might help you burst through the inertia and get moving?
- ★ Does your competitive drive get in the way of your relationships?

- ★ What is a simple way you can reconnect with stillness today?
- ★ Reflect on a time in your life you experienced a Transmutation.
- ★ What are some little moments of delight and signs of synchronicity in your life that you notice when you pay attention?
- ★ What can you do to connect with an experience of harmony?
- ★ Draw a map of your current relationships. Indicate who are your true allies. Who do you trust? Who don't you trust? Be honest.
- ★ Who is a person you admire for his or her farsightedness, or capacity to see the big picture?
- ★ Think of a time you persevered and you were glad you did. How did the experience feel? What did it require of you?
- ★ Do you tend to feel lost in the mundane, or are you often trying to escape it?
- ★ Is it time to challenge an outer authority in your life?
- ★ Start listening to your voice when you speak. Notice how much of your Pure Heart is in what you say. If there's a lack of heart, there may be a form of vanity present that isn't serving you.
- ★ Do you hold on tightly to your own way of thinking and doing?
- ★ Are there ways that you dishonor yourself, or others?
- ★ Does your life often feel disordered and chaotic, or do you tend towards being controlling and anal?
- ★ Do you tend to fight the wrong things and the wrong people?
- ★ When faced with chaos, how do you (and your body) respond?

- ★ Think of a simple random act of kindness you can do today. Do it. Journal what it felt like to give unconditionally.
- ★ How do you avoid intimacy? Do you hide behind your work, a spiritual practice, or a philosophy?
- ★ Where are you too timid and afraid to rock the boat?
- ★ If you weren't worried about being unenlightened, what feeling, desire or need might you more easily see and own?
- ★ Is your fear of being abandoned by a romantic partner keeping you from being honest? From committing more fully? Is it causing you to over-seduce or try to control your partner?
- ★ Have you ever held so much inside that you exploded? What were the consequences to yourself and those around you?
- ★ Where in your life do you feel controlled?
- ★ When was the last time you tasted true liberation?
- ★ Where in your life do you tend to feel 'too full'? Or 'too empty'? Do you tend to go back and forth between the two?
- ★ What do you fear might happen if you stopped working so hard to please certain people?
- ★ Think of someone who for you embodies true Lightness of Being.
- ★ Are you looking for happiness outside of yourself?
- ★ Are you afraid of an inner or outer change?
- ★ On the outside, do you appear kind, balanced, and a good listener, but inside, do you feel angry, resentful or full of forbidden desire?
- ★ What—or who—do you need to let go of?

- ★ What are your most powerful distractions these days?
- ★ Have you ever used a totem that holds an energy of one of your deepest dreams or ideals? Consider a way to wear or carry one, so you can have it with you for as long as you want.
- ★ Think back to your best relationships. What were the conditions that made you feel safe enough to surrender? To own your Authority?
- ★ Have you ever experienced ecstasy? Was it wonderful? Scary?
- ★ What are some doubts you are experiencing right now? Question their validity. Doubt your doubts.
- ★ Where are you flourishing in your life? What (who) could use even more of your care, energy and investment?
- ★ When have you experienced Universal/Divine Love? How did it feel?
- ★ Are you so afraid of misusing your power that you're not using it at all?
- ★ Are you still clinging to the belief that you can, and should, create a perfect, peaceful future that will last the rest of your life?
- ★ Using your instincts, who do you know your true allies are?
- ★ Who in your life has truly seen your wisdom and pulled it out?
- ★ Do you obsess over your worries, or drown them out with busyness, outer noise, or your own talking?
- ★ Are you often puzzled by the people you are attracted to?
- ★ When have you experienced your vitality, or a moment of bliss?
- ★ Does your mind often pick apart the flaws in peoples' thinking?
- ★ Is there a myth you resonate with at a deep level? One that reflects your family or cultural story?

- ★ Do you often begin things and never complete them?
- ★ Where are you starving yourself?
- ★ Are you afraid of fighting, even for a worthy cause?
- ★ Do you ever feel misunderstood or like a misfit?
- ★ Where in your life can you surrender even more?
- ★ Is it hard to relate to people who think differently than you?
- ★ Find one simple way to cultivate more inner and outer Silence in your life.
- ★ Think of a time when goodwill and collaboration paid off.
- ★ When was a time you practiced restraint and it paid off?
- ★ Where do you feel most stuck?
- ★ Have you ever had a deep Insight or Epiphany? What was it?
- ★ Do you hide in your relationships? How do your current relationships reinforce your hiding?
- ★ Take stock of what you have. Where is there excess? Find 3 things
- ★ Take a look at the people you've struggled with most in your life. If they were here to teach you something, what would it be?
- ★ Have you (or others) ever been surprised by the intensity of your own impact?
- ★ Is it hard to switch off your mind? Is it always going?
- ★ What would you do if you weren't afraid of what others would think of you? Is there a risk you've been longing to take, in service of a passion, but you've been afraid of failure (or success)? What is your fear?
- ★ Where are you trapped in a self-destructive cycle?

- ★ If you've lost touch with a dream, find three ways to awaken it today.
- ★ What is a cause worth fighting for?
- ★ When did you last feel a deep sense of Unity—like you were in the flow and connected to all of life? Where were you? Who were you with?
- ★ Do you have a natural gift of inquiry? How could that be used as a service in the world? Where has it already come in handy?
- ★ What does truth mean to you? How has your relationship to truth changed over the years?
- ★ What would you say is your heart's cutting edge?
- ★ How might your need to self-protect be deafening you to others?
- ★ Are you so driven to manifest your dreams that you burn out?
- ★ Do you share the bounteousness of your gifts with others?
- ★ Did you ever learn that force is necessary to get what you want? How might this belief still be impacting your life?
- ★ When do you remember feeling Invincible? Write down (or doodle) what it felt like in your journal.
- ★ Reflect on your most positive experiences of justice.
- ★ Are you rarely involved in something that lasts?
- ★ What is the most loving revolutionary act you can do today?
- ★ Do you ever find it hard to relax, to let people in, or to fully welcome your sexuality?
- ★ What might you do differently if you weren't afraid of being different?
- ★ Where are you feeling most restless and impatient?

- ★ Do you tend to attract emotional crises?
- ★ In what situations do you tend to hold it back?
- ★ Where are you avoiding turbulence or change in your life?
- ★ Are you plagued with self-doubt? Do your self-doubts make you anxious, or keep you awake at night?
- ★ Find a way to rekindle a dream and share your gifts today.
- ★ Where are you resisting change? (e.g., aging, children becoming individualized, an old way of thinking or being)
- ★ Where is your loving Guidance most needed now?
- ★ Do you ever feel oppressed by your own mind?
- ★ Find, or think of, an image that for you reflects true majesty. What thoughts arise when you look at it?
- ★ Do you sometimes find yourself offering unasked-for advice or criticism, or surprised by others' reactions to what you say?
- ★ Is there an outer or inner Adventure calling you now?
- ★ When have you felt the most Selfless in your actions?
- ★ Are you still trying to recreate an old experience of joy?
- ★ Have you ever experienced true rapture? Was it wonderful, scary, enlightening?
- ★ What dream is asking to be pulled out of the closet?
- ★ Do you tend to feel suspicious of the people in your life, of their motives and agendas? Do your suspicions tend to cause others to be defensive around you?
- ★ Do you have difficulty trusting people? Do you keep them at arm's length?

- ☆ Have you had trouble finding true allies?
- ☆ Is your life boring or lacking adventure?
- ☆ If you fully trusted in Life's perfect timing, and that nothing happens accidentally, how might your thoughts, feelings, attitudes and relationships change? What might you do—or not do—differently?
- ☆ Where do you feel like a failure?
- ☆ What does competence mean to you? When have you felt the most competent in your life?
- ☆ Do you tend to mistrust those who are different from you?
- ☆ Do you tend to run away from structure and commitment?
- ☆ Is there an area where you struggle with discipline? How can you experiment with following through?
- ☆ What are you feeling genuinely grateful for right now? Write it in your journal.
- ☆ What would it be like if you stopped working so hard to understand?
- ☆ Is your fear of being trapped sabotaging a current (or potential) relationship? Are you often planning your escape?
- ☆ Have you ever experienced a breakdown (physical, emotional, mental or spiritual) that became an inspiring breakthrough?
- ☆ Track your thoughts in your journal today: How much time did you spend obsessing about the future? Or rehashing the past?
- ☆ Think of what, and who, truly enrich your life.
- ☆ Think of a time when you experienced or witnessed Teamwork.

- ★ What is your relationship to fear? Do you tend to repress and avoid your fear? Or do you tend to act it out, or react to it?
- ★ Do you ever draw out the hostility in others, and not know why?
- ★ What are your biggest hangups when it comes to trusting others. How can you stretch yourself?
- ★ Discern the ways that your experience of the world around you is colored by your mental and emotional states.
- ★ Have you prematurely abandoned a project, relationship or experience? What would it take for you to have true closure?
- ★ If I was given \$50,000 I would...
- ★ Three things I did today that moved me closer to my dreams are...
- ★ Three things that my best self would do that I'm not currently doing are...
- ★ I feel crappy about myself when I...
- ★ My intuition speaks to me by...
- ★ I feel amazing about myself when I...
- ★ I feel most feminine when...
- ★ I've been putting off...
- ★ The kind of person I am not is...
- ★ I would love to get some support with...
- ★ What was your favorite toy as a child?
- ★ As a child, who was your favorite relative?
- ★ What was your favorite cartoon growing up?
- ★ What was your favorite subject in school?

- ☆ Did you ever get lost as a child?
- ☆ What's your first memory?
- ☆ As a child, what did you want to be when you grew up?
- ☆ Who was your favorite teacher? Why?
- ☆ Who was your best friend in elementary school?
- ☆ What book did you read over and over again as a child?
- ☆ Did you ever run away from home?
- ☆ What is your most vivid memory of the kitchen in your childhood?
- ☆ What's your secret desire?
- ☆ What's the most outrageous thing you've ever done?
- ☆ If you won the lottery, what would you do?
- ☆ What would be the guest list at your dream party? What would the various guests talk about?
- ☆ What's a country you'd like to visit? How do you imagine your time there?
- ☆ What do you consider to be your culture, and how do you feel about it?
- ☆ What would you change about yourself or your life? Is there a way for you to change it?
- ☆ What's your favorite color, place, food, book, song, or movie, and why?
- ☆ What are your most prized possessions?
- ☆ In what areas are you optimistic, and in what areas are you pessimistic?
- ☆ What keeps you up at night worrying? Are your worries realistic? Is there anything you can do about them?

- ★ What is something that someone else has that you envy? Describe it and your feelings about it.
- ★ What's something you're good at? What makes you good at it?
- ★ What are your views on religion?
- ★ Do you have a philosophy of life? If so, what is it? If not, what is your method for making important decisions?
- ★ What do you like to do? How does it make you feel?
- ★ What is a mistake people often make about you?
- ★ What is a book, movie, song, or television program that has influenced you, and how?
- ★ If you have brothers or sisters, how are you similar to them or different from them? What about with your friends?
- ★ What is your relationship like with various members of your family?
- ★ Make a list of lessons you want your child or future children to learn.
- ★ What political issues do you care about?
- ★ Write about a stigma you find troubling.
- ★ What do you want to be remembered for?
- ★ Describe your ideal sanctuary.
- ★ What is love?
- ★ What are you sick of? Write about it.
- ★ Describe your greatest fear.
- ★ What is a trip you have always wanted to take? Write about it as if you have already taken it.

- ★ Make a list of the hardest lessons you've ever had to learn in your life.
- ★ Write about a subject you find to be taboo in our society.
- ★ Describe what vulnerability means to you.
- ★ Write about what would make a perfect morning, a perfect afternoon, a perfect evening, and a perfect night. Or better yet, make it happen and then write about it.
- ★ Write about an eventful first day at a class or job you had (or have).
- ★ Describe what a broken heart feels like.
- ★ Describe what falling in love feels like.
- ★ Create a lesson plan for your dream class.
- ★ Write your life story, including what you hope your future looks like.
- ★ Write about a time you lost yourself.
- ★ What is your favorite place in the world? Why?
- ★ What's the first story that comes to mind when you think of the word "tragedy"?
- ★ Write about the last time you cried.
- ★ What is currently on your mind?
- ★ Write about the last bad day you had and describe how you could've made it better.
- ★ If you had one day left to live, who would you want to spend it with? Why?
- ★ Make a list of songs that elicit a strong emotional response for you and write openly about your memories associated with them.
- ★ Write about an interesting conversation you overheard recently.

- ★ Who is your favorite person in the world? Why?
- ★ Describe a typical day in your life, including the innermost thoughts that run through your mind as you go through it.
- ★ My favorite way to spend the day is...
- ★ What do you love about life?
- ★ I really wish others knew this about me...
- ★ Write about a moment experienced through your body and senses only. Leave out thought and emotion. (For eg making love, making a meal, going to a party, having a fight.)
- ★ Write about a time when your work felt necessary and satisfying to you. Could be paid or unpaid, professional or domestic, physical or mental work.
- ★ What's one topic you could learn more about to help you live a more fulfilling life? Do it!
- ★ I feel most energized when...
- ★ Using 10 words, describe yourself.
- ★ The two moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.
- ★ Write about your first love – whether a person, place or thing.
- ★ What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?
- ★ Make a list of everything you'd like to say no to.
- ★ What's surprised you the most about your life or life in general?
- ★ Make a list of the people in your life who genuinely support you, and who you can genuinely trust. (Then make time to hang out with them.)

- ★ If my body could talk, it would say...
- ★ The words I'd like to live by are...
- ★ What can you learn from your biggest mistakes?
- ★ Make a list of everything you'd like to say yes to.
- ★ What does unconditional love look like for you?
- ★ When I'm in pain, physical or emotional, the kindest thing I can do for myself is...
- ★ I couldn't imagine living without...
- ★ What always brings tears to your eyes?
- ★ Name what is "enough" for you.
- ★ Make a list of 30 things that make you smile.
- ★ Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.
- ★ What labels, negative and positive, do you assign yourself?
- ★ What things make you feel bad, but you find yourself doing them anyway?
- ★ What are 5 things you are excited about?
- ★ What are 5 truths you live by?
- ★ What do you enjoy most about your favorite hobby? How can incorporate that into other parts of your life?
- ★ You are feeling down. What do you do to cheer yourself up?
- ★ Discuss how the people in your life make you feel. How do you perceive yourself after spending time with them? How will that affect how you spend time with them in the future?

- ★ True or False: "All is fair in love and war." Explain your answer in the context of your life.
- ★ A coworker takes credit for your work and is rewarded. How does that affect your perception of your own value? How do you react?
- ★ Name an animal whose characteristics you admire. Are you in any way like that animal?
- ★ What is your greatest weakness? Describe a time this weakness held you back.
- ★ Name a book that spoke to you on a personal level. Why?
- ★ Two teams are playing in a big game. One of them is heavily favored to win. Which team do you support?
- ★ You've just started working at a new job. One of your coworkers is mean to you. How do you handle the situation?
- ★ You just moved in to your dream home. Look out the kitchen window. What do you see?
- ★ Someone gives you a complex task you're not sure how to accomplish. Do you make a plan? Ask someone for help? Research how others have done similar projects in the past? Read a book on the topic. What does this tell you about your learning style?
- ★ You have an important task to do. Do you do it now or procrastinate?
- ★ You got great news today. Who do you tell first: Your best friend, the first person you see, or social media?
- ★ You've just met a stranger at a place you frequent. They tell you a bit about their life. Are you listening intently? Or are you waiting for an opening to talk

about yourself? Neither answer is incorrect. Describe how this meeting made you feel.

- ★ You're on a gameshow that benefits the cause of your choosing. What do you support? Why?
- ★ True or False: "I am more likely to try something if others would be impressed."
- ★ You overhear a stranger giving information/advice you believe is incorrect. Do you correct the person or stay out of it?
- ★ You're in an elevator and someone you admire walks in. Do you give them your business card? Why or why not?
- ★ Your partner is not giving you something you need. Do you tell them or suffer in silence?
- ★ Describe a time you were radiantly happy. What do you value most in that memory?
- ★ You walk into a white room filled with white furniture. Does it feel clean or sterile? What does this tell you about the rest of your home. Imagine the room with colorful walls and colorful furniture. How does this change your feelings?
- ★ If you have a problem, would you go to a family member, best friend, or a stranger?
- ★ Your to-do list this week is overwhelming. Do you ask for help or give up sleep?
- ★ What do you look for in a close friend? Do you have those characteristics?
- ★ You can work at a job you love for very little pay, or work at job you hate for a luxurious salary. Which do you take?

- ★ Are you a spiritual person? Describe your beliefs and/or doubts. How do those beliefs affect how you live your life?
- ★ You just spent a day at the beach. How do you feel? Energized? Tired? Alternatively, you spent a day in a large city. How do you feel?
- ★ Describe a day in your life that was especially enjoyable. What made the day so good?
- ★ If you had a theme song, what would it be?
- ★ Write about a missed opportunity you wish you had taken. What could you do differently next time?
- ★ Someone trusts you with a secret and asks you not to reveal it. It's really juicy! Do you tell anyone?
- ★ Describe a time you mistreated someone. How do you feel about your behavior, and what would you say to the person now?
- ★ A group of people is having a conversation on a topic you know nothing about. One of them turns to you and asks your opinion. Do you admit ignorance or bluff your way out?
- ★ To show someone you love them, are you likely to use words, actions, or another method?
- ★ Today is your first day at your dream job. You're so excited you can barely contain yourself. When you arrive at work, you take a minute to look around and appreciate the moment. You can't believe you actually got this job. Where are you? Why do you value this job so much?
- ★ You just spent all day by yourself. Are you bored?
- ★ When you think about your future, what do you fear the most?

- ★ Your neighbors are having a party. You only know 1 person who is attending. Will you go to the party?
- ★ You are walking on a road, and you encounter three forks. One path leads up a mountain. The other leads into a forest. The third path leads to the ocean. Which path do you take? What do you think this means about you?
- ★ When you think about your future, what do you hope for the most?
- ★ True or False: "I know how to stick up for myself." Explain your answer.
- ★ You're in a room with a group of people who all share the same opinion on a certain topic. Do you go with the flow or argue the counterpoint?
- ★ Do you lean into challenge or away from it? Describe a time you were given a challenge you weren't sure you could complete. How did the situation make you feel?
- ★ City mouse or country mouse. Which are you?
- ★ Describe a time you felt especially valued and loved.
- ★ You are on a team of people creating an iconic building. Which job do you want to help with: managing the project, designing the building, ensuring its safety, or final decorations. Why did you pick that job?
- ★ Describe a time a friend went out of their way to help you. How do you serve the people in your life?
- ★ What is the biggest challenge you are facing today? Explain why and how this is challenging you. What do you intend to do about it?
- ★ Do you notice anyone in your life who is behaving in a fixed minded way? Describe what they are doing that is holding them back.
- ★ Why do you think that people lie about their failures? How do you recommend people handle failure?

- ★ Have you ever done things to sabotage yourself? Explain.
- ★ What is a problem you are dealing with right now? If advice do you imagine someone would give you? If your friend were experiencing the same problem, what advice would you give them? Why?
- ★ Do you want things in your life to be easy or challenging? Explain.
- ★ If someone could help you to get better at something, what would you want to get better at? Explain why you want to be good at this.
- ★ If your house burned to the ground, what are the top 1-3 things you would want to save? (Assume people and pets are all outside.) Why are those possessions so important to you?
- ★ What about your life makes you miserable? What do you know you need to give up?
- ★ What is a book you wish someone would write? Why? Maybe you should write this book. What would you need to learn?
- ★ Define wisdom. What does it mean to you?
- ★ Define faith. What does it mean to you?
- ★ Define love. What does it mean to you?
- ★ Define trust. What does it mean to you?
- ★ Define success. What does it mean to you?
- ★ Define failure. What does it mean to you?
- ★ Define courage. What does it mean to you?
- ★ Define joy. What does it mean to you?
- ★ What are your beliefs about God/the Universe?
- ★ I feel most alive when..... (complete 5-10 times)

- ☆ Think of a person, behavior, or exchange that bothers/annoys you. What can you do to feel a little more caring and care-free during that experience?
- ☆ Do you believe you are the victim of your circumstances or that you have the power to choose how to respond to a situation?
- ☆ Where in your life have you learned from your mistakes? What was the lesson?
- ☆ Where in your life you not learned from your mistakes? What is the lesson?
- ☆ What do I need to surrender?
- ☆ What's consistently weighing on my heart?

### *Journal Prompts for Reflection*

- ☆ What kind of day are you having, and why?
- ☆ Create a timeline of small events that led up to a big event in your life.
- ☆ What challenges did you face this year and how did they help you grow?
- ☆ How would you rate your overall work-life balance during the past year? What could you do to improve that balance?
- ☆ What kinds of things have you done to take care of yourself and your needs this year? How could you be more consistent with self-care?
- ☆ What did you learn about yourself this year?
- ☆ How did you improve your skills this year? What did you learn?
- ☆ What positive impact did you have in the lives of others this year?

- ★ What negative thoughts or emotions were you able to let go of in the past year?
- ★ How did you improve your personal relationships in the past year?
- ★ What new awareness have I learned about myself?
- ★ What were the fun things I did? What were the not-so-fun?
- ★ What did I do right? What do I feel especially good about? What was my greatest contribution?
- ★ What were the most significant events of the year past? List the top three.
- ★ What would I have done differently? Why?
- ★ How am I different this year than last?
- ★ What did I complete or release? What still feels incomplete to me?
- ★ For what am I particularly grateful?
- ★ What did I accomplish? A list of my wins and achievements.
- ★ List 3 unexpected things that shifted your priorities?
- ★ What 3 things did you dedicate the most time to?
- ★ List 10 accomplishments from this past year.
- ★ List 10 disappointments from this past year.
- ★ List 3 things you forgot to do or focus on in this past year.
- ★ How has what's transformed this past year impacted your goals and plans for this coming year?
- ★ Have your goals changed this year? Why or why not?

- ☆ Describe a recent important event(s) that involved stress and adversity. How can you reframe them to have a better perspective on them? What did you learn from them?

## *Journal Prompts for Self-Love*

- ☆ What do you feel are your faults? When are some situations when these "faults" actually benefited you throughout your life in some way?
- ☆ What do you feel are your best qualities? How do you use them to benefit your work, life, and relationships?
- ☆ What's parts of yourself do you edit depending on who's around? Why?
- ☆ What parts of me have I been unwilling to acknowledge?  
Am I willing to acknowledge and embrace them now?
- ☆ What has to happen for me to become comfortable with all parts of me?
- ☆ What would my life be like if I decided to love all of me?
- ☆ What parts of myself am I not comfortable with? Why?
- ☆ How comfortable am I being me?
- ☆ What or who are you unable to say 'no' to?
- ☆ Where is self-judgment most alive in your life? Who are you negatively comparing yourself to?
- ☆ Where are you settling?
- ☆ Who are the people in your life who have been able to see your humanity, even when you couldn't see it yourself? Keep a list of these people in your

journal. If you don't have anyone in your life right now who can do this, it may be time to seek out some support.

- ★ Where can you receive support and encouragement?
- ★ In what ways can you expand your sense of self, of Being?
- ★ Think of someone in your life who has acted as an empowering, compassionate and virtuous guide. What were the qualities you loved most about this person? How can you integrate it into your life?
- ★ How can you be more empathic towards yourself and others in your everyday life?
- ★ Where in your life are you over-committed?
- ★ Have you ever given too much of yourself and then resented it later? How can you better care for yourself so you can give from a full cup?
- ★ Are you growing too fast, at the expense of your life balance?
- ★ Where might you be pushing too hard with your will?
- ★ Are you getting enough alone time? What truly relaxes you?
- ★ Where are you being too hard on yourself? How can you be more gentle?
- ★ Where are you starving for Empathy, from yourself, or others?
- ★ Where are you not valuing yourself and your precious energy?
- ★ Where are you self-obsessed, or clinging too tightly to an identity, a way of thinking, being or doing?
- ★ Are your desires in control of you? Are you overindulging in what feels good, without taking responsibility for the consequences?
- ★ Do you ever defer your power to others?

- ★ In what situations (and with whom) do you find it easy to be present? Which are more challenging?
- ★ How can you find a balance between caring for yourself and caring for others? What is healthy sensitivity? Healthy sacrifice?
- ★ What is a simple way you can cultivate Peace in your life today?
- ★ Think of a time in your life you felt free and empowered. How would you describe your overall attitude at the time?
- ★ What simple ways can you open up to more magic and ease in your life?
- ★ Is there a part of yourself that you've been refusing to love? How can you best accept and support your whole self right now?
- ★ In what ways did you learn to blend in, to be like everyone else?
- ★ What does Integrity mean to you? Name one thing you can do today to feel more in your Integrity.
- ★ What are the ways you experience (and express) stress?
- ★ Where are you lacking Commitment? Where are you living half-heartedly? Are you saying yes, but then not following through? Is there a frustration, fear or anger behind your seeming flakiness that you haven't fully owned?
- ★ Do you seem more laid back on the surface than you feel inside?
- ★ Is your strict adherence to certain principles preventing you from exploring your true passions? Is it possible that some of the desires you've been rejecting aren't as bad, dangerous or unhealthy as you've come to believe?
- ★ Where in your life today are you satisfied with your level of commitment? Honor these experiences in your journal.

- ★ Think of a time you experienced true Naturalness, when you fully relaxed in your own skin? What about that situation brought out the Naturalness in you?
- ★ What (or who) in your life exhausts you?
- ★ Where are you sacrificing yourself in ways that aren't healthy for you?  
Where are you giving with strings?
- ★ Do you ever put yourself down to avoid seeming arrogant?
- ★ Where do you overindulge? Where do you self-deprive?
- ★ Write your own eulogy. Find a creative way to honor your own immortality.  
Share what you write with someone you love.
- ★ Where—to whom—are you giving your power away? Where are you still hiding?
- ★ What do you see as a weakness in you? Can you find its inherent strength?
- ★ Where are you making your life more complicated than it needs to be?  
Where is your life calling out for greater Simplicity?
- ★ Write down 10 of your greatest inner resources. What feelings arise when you do this?
- ★ How can you bring more Graciousness into your life?
- ★ Where are you leaking precious energy?
- ★ How can you more deeply commit to the needs of your soul?
- ★ Where have you given up on yourself and the world?
- ★ What signals does your body give you when you've been giving too much?
- ★ Allow yourself to say 'no' to someone or something today. Journal later on your reflections.

- ★ Where do you feel like a slave, or like you're being taken advantage of, or abused?
- ★ How can Perfection be an inspiration in your life, rather than a driving force to an unattainable ideal?
- ★ Do you tend to get tongue-tied out of fear, talk too much, or say the wrong thing?
- ★ What masks do you wear in your everyday life? What do you fear (or hope) might happen if you took off the mask?
- ★ Where are you compromising in your life?
- ★ Do you isolate yourself, and then resent people for not supporting you?
- ★ Spend a few minutes in front of a mirror. Look in your eyes. Is anyone home? See if you can become even more present. Can you find a way to relax? Notice the thoughts and feelings that arise as you look into your eyes. Write what you learn from this experience in your journal.
- ★ If you've been frantically avoiding the practical, choose three simple tasks to complete, and find the magic in them. Then have a good rest.
- ★ Are you sacrificing too much because of your need to be needed?
- ★ Think of someone you know who has deep personal Magnetism. How can their modeling help you to allow your own inner essence to shine?
- ★ Are you denying a real need of yours, because depending on another feels scary?
- ★ What in your life (a job, relationship, way of being) needs to come to an end?
- ★ Are you clinging to your independence? What are you afraid might happen if you let yourself need someone, or truly lean on them?

- ☆ Have you learned how to enjoy your solitude?
- ☆ Where are you compromising or losing yourself in others?
- ☆ Pick an area of your life in need of decluttering. Commit to releasing something (a thought, feeling, object, relationship) this week.
- ☆ Where in life are you fighting yourself? Does self-blame or a strong inner critic often leave you disempowered and depleted?
- ☆ When growing up, what did you learn about 'selling yourself,' or about what it takes to be a 'success'? Were you taught that if you don't use your willpower to make something happen, it won't?
- ☆ Think of a time in your life when you experienced devotion.
- ☆ Where (with whom) do you find it most difficult to set a limit? What are you afraid of?
- ☆ Do you feel absent from your life? Like you're going through the motions, but you're not really there?
- ☆ Is your body currently showing signs of burn out?
- ☆ What simple act would bring more Beauty into your life today?
- ☆ When I am in my exquisiteness, I am...
- ☆ In what ways does your self-judgment keep you from owning and honoring your own inner authority?
- ☆ Where might you still be playing the martyr? Where do you need to stop compromising?
- ☆ What do you fear might happen if you honor and follow through with what you know to be true?

- ★ Do you tend to worry about your appearance? Do these concerns ever keep you from enjoying your life, or taking risks?
- ★ See if you can BE more and hurry less today.
- ★ Do you have a good sense of Discrimination? Do you know who or what is healthy for you? How do you know this?
- ★ Where are you still hiding your originality?
- ★ Where are you still blending in, but secretly wanting to leap out?
- ★ If you could show yourself tenderness today, what would you do?
- ★ Where and with whom do you find it most difficult to set healthy limits?
- ★ What quality would you like to emanate from within?
- ★ Have you learned to remain silent, even though you have something to say? Do you rarely share what you're truly feeling and thinking?
- ★ Where are you taking life too seriously?
- ★ Does it feel impossible for you to slow down? Are you afraid of what might happen, or what you might feel, if you dropped all of that hectic activity?
- ★ What makes you unique?
- ★ What are you really good at?
- ★ How do you indulge yourself? Do you need to indulge yourself more often?
- ★ How would you describe yourself?
- ★ What character traits do you need to work on?
- ★ How would your best friend describe you?
- ★ How do you stand out from the crowd?

- ☆ What are some of your idiosyncrasies?
- ☆ What are your best character traits?
- ☆ How do you think others see you when they meet you for the first time?
- ☆ Three things I value about myself are...
- ☆ I need more...
- ☆ I feel like myself when...
- ☆ Write about the most challenging time in your life and how you ultimately got through it.
  
- ☆ Describe your greatest insecurity and why you struggle with it.
- ☆ Write the words you need to hear.
- ☆ I feel happiest in my skin when...
- ☆ What's one compliment you struggle to accept about yourself?
- ☆ Where in your life do you need to slow down and take your time?
- ☆ Take a selfie just as you are. Write a description of your face using loving words.
  
- ☆ How would you describe yourself, in a loving way, to a stranger?
- ☆ What does your support system look like? How can you make it stronger?
- ☆ What things make you feel happy to be alive? And how can you add MORE of that into your life?
  
- ☆ How are you making the world a better place?
- ☆ What's something that you need to get rid of?
- ☆ Name something that you love about your body.
- ☆ How can you set better boundaries in your life?

- ☆ What is the most loving thing you've ever done for yourself?
- ☆ How can you give yourself a break today? [Mentally, physically, or emotionally]
- ☆ How can you commit to loving yourself every day?
- ☆ What are you afraid to ask for? What do you need to speak up about?
- ☆ Name something you love about your personality.
- ☆ What would your younger self be proud of you for today?
- ☆ What's one choice you can make right now that your future self will thank you for?
- ☆ What's one change in your life that you can make for more happiness?
- ☆ List 10 major life accomplishments that you're proud to have achieved.
- ☆ What are 5 things you are proud of?
- ☆ What are 5 things you will be proud of?
- ☆ What is your favorite physical characteristic (face or body)? Describe a time you felt proud of that feature.
- ☆ What physical characteristics are you most self-conscious about? How could you make peace with those?
- ☆ What is your greatest strength? Describe a time this strength served you well.
- ☆ What can you do or change in your life to improve your health and wellbeing?
- ☆ Write a letter to your body telling it how you feel? This could be a letter of appreciation or letter of apology.
- ☆ What is the best mistake you have ever made? Why?

- ★ What would you say to a friend who had just failed at something they really wanted to do well at?
- ★ What makes you feel like a success? Why?
- ★ What makes you feel like a failure? Why?
- ★ Has there ever been something that you were not good at in the beginning, but then through practice you became good at it? Explain.
- ★ What advice would you give to someone who was terribly nervous about an upcoming event or performance?
- ★ If you need it, do you ask for help? Who from? Why or why not?
- ★ What are two habits or activities that help me feel powerful and positive?
- ★ If I was going to add something that brought more meaning, joy, and enthusiasm into my life, I would add...
- ★ The activities, projects, and people that bring me the most joy, meaning, and connection are...
- ★ The feelings I want to bring more of into my life are...
- ★ The feelings I want to bring more of into my life are...
- ★ Some things I could stop doing so I could better align with how I want to feel are...
- ★ The feelings I want to experience more of in life include...

## *Journal Prompts for Emotional Processing and Healing*

- ★ Vent about a problem you are having with someone. What happened? In what context? Whom are you fighting with? Why are you upset? Is this a stand-alone event or is this part of a bigger issue? How did the other person's actions make you feel? What do you want him to do to make amends?
- ★ Think about a friend who has done something to upset you. Put aside their actions for the moment, and write down what is most valuable to you in this relationship. Why is she important to you? How has she been a positive or supportive influence in your life? Why do you want her to continue to be a part of your life?
- ★ Think about a difficulty you are having with a friend. Are there other factors to consider in your friend's actions? How do you think they are seeing things from their side?
- ★ Do you often find yourself judging, overanalyzing or trying to get rid of certain feelings? How does this impact your body?
- ★ Do you keep others at a distance because of painful experiences?
- ★ Which of your feelings do you tend to push away the most because of its heaviness?
- ★ Do you sometimes feel overcome with sadness?
- ★ How can you take more responsibility for your feelings, and express them in less reactive and more open, honest ways?
- ★ Are you terrified of being still? What are you scared of?

- ★ Do you try to escape dullness and feelings of emptiness through a flurry of activity that doesn't truly feed you? Or do you collapse into it through depression or resignation?
- ★ Are you feeling lost, alone or out of sync? Or are you trying to control or regiment your life?
- ★ Do you engage in risky behavior in order to escape from how you feel inside?
- ★ Is there an inner demon you have been refusing to face? Are you constantly in motion?
- ★ Find a way to give yourself total permission to have and express this feeling today. Write about it in your journal; share about it with someone you trust; listen to a song or watch a movie that captures it; make a simple feeling collage. Whatever you do, give it space and see what happens.
- ★ Has there ever been a time you opened up to your pain and discovered a deeper capacity for love and connection?
- ★ Are you often overstimulated?
- ★ Where in your life—and with whom—are you feeling most impatient?
- ★ Are you walling yourself off from the world and new experiences?
- ★ What wound are you refusing to feel? How can you give expression to that wound? To a person? In a poem?
- ★ How do you cope with moments of emptiness or anxiety?
- ★ What role has addiction played in your life? Have you used substances, behaviors or activities to numb yourself or fill a hole?
- ★ Do you sometimes feel sullen, numb, as if your spirit is depleted?

- ★ I feel...
- ★ Nobody knows that I . . .
- ★ Is there anything you feel guilty about?
- ★ The biggest lie I've ever told is . . .
- ★ Who is someone you miss?
- ★ Write about something you feel is unfair.
- ★ Write about the last time you felt angry at someone.
- ★ Write about a conversation you wish you could have.
- ★ Write about your greatest source of guilt.
- ★ What's something you wish someone would say to you?
- ★ My saddest memory is ...
- ★ How do you deal with anger?
- ★ Some of the things that make me happy are...
- ★ What is the dominant emotion in your life right now?
- ★ How easy is it for you to forgive those who have caused you pain?
- ★ What was the most painful thing you ever went through? What did you learn from it?
- ★ The feelings I've been experiencing a lot of lately are...
- ★ The things that have been causing me tension lately are...
- ★ The areas of life where I'm not experiencing the feelings I want to are...
- ★ Some things I might say to a friend struggling with their emotions and feelings are...

- ★ If I were to adopt a new way of seeing this struggle, I would like to believe things like...
- ★ Some ways I could honor negative emotions without judgment are...
- ★ Who might need me to role model authentic compassion right now?
- ★ If I could influence others to feel a particular way, I would encourage them to feel...
- ★ If I were to approach my relationships, activities, and projects as a better role model for authentic compassion, the things I would start doing are...
- ★ The next time I experience a negative emotion, I am going to...

## *Journal Prompts for Forgiveness*

- ★ Think of someone you are angry with. What made you angry. Put those thoughts aside and consider what makes you value them in your life. Write a letter to this person releasing your anger and putting your forgiveness into words. If it feels appropriate schedule a time to give them the letter or get together to talk.
- ★ Spend a timed period free-writing on the word forgiveness.
- ★ Write about a time when you forgave another person. Again, spend a timed period writing on the subject, so that you're forced to go deeper than you might otherwise.
- ★ Write about a time when you forgave yourself. Detail whatever transgression occurred and especially focus on how successful you were in granting forgiveness. Was it loving and wholehearted? Did you profoundly forgive, or just go through the motions? If you're still harboring shreds of guilt and

blaming yourself, maybe it's time to bring your forgiveness out of mothballs again.

- ★ Start by writing "One thing that's hard to forgive is ..." And keep writing. Consider such areas as your childhood, your marriage, your job, politics, history, religion, education, or economics. Where in your experience has the unforgivable happened?
- ★ What do you feel when you think about forgiving someone who's wronged you?
- ★ How will your life change if you can forgive and move on?
- ★ How will your life be affected if you do not forgive and continue to hold onto the pain and resentment?
- ★ What has hurt you? What does it feel like to consider forgiving them?
- ★ What do you feel is the number one mistake you made in your past? How did that change the trajectory of your life? What do you have now that you wouldn't have had that not happened?
- ★ Think of a time when you experienced true Understanding. Or Forgiveness.
- ★ In what situations do you find yourself intolerant of others? Can you forgive yourself (and others) for closing your heart?
- ★ What's the worst thing you've ever done?
- ★ Is there anything you need to be forgiven for?
- ★ What will your inner and outer life look and feel like in a couple of years time if you don't forgive?
- ★ Write about the first fairy tale, myth, song or story you recall from childhood which featured forgiveness and then write about how it may have shaped your ideas on the concept.

- ★ "You owe it to yourself to forgive those who have wronged you so that you can get on with your life." What's your emotional response to this statement?
- ★ When have you experienced anger towards the person you are now considering forgiving and how did it present itself?
- ★ Write about your earliest experience of forgiving someone.
- ★ Write about the top three reasons that you are currently considering a forgiveness process.
- ★ Should you forgive someone out of pity? Explore your answer in depth.
- ★ What's the most difficult thing about considering this forgiveness process?
- ★ When have you felt the least inclined to forgive someone in your life and why?
- ★ Write about a time when you wanted/asked to be forgiven by someone but they refused. In particular, consider how it felt at the time and what, if anything, you ultimately learned from the experience.
- ★ "In a perfect world, there would be no transgressions and no need to forgive." Write about your emotional response to this statement.
- ★ Write a letter to forgiveness itself. Tell it anything, ask it anything.
- ★ Which adult figure in your life taught you the most about forgiveness when you were growing up and why?
- ★ Can you forgive someone and still feel angry with them? Why?

## Journal Prompts for Gratitude

- ★ Try to go one day without complaining or blaming. Journal on what you experienced and felt.
- ★ Describe your happiest childhood memory?
- ★ List 10 hobbies and activities that bring you joy?
- ★ What is one of your favorite songs from your childhood?
- ★ What is the biggest accomplishment in your professional life?
- ★ What is a mistake that you've made, which ultimately led to a positive experience?
- ★ Who made you smile in the past 24 hours and why?
- ★ What do you like the most about your town or city?
- ★ What is your favorite memory of your father?
- ★ Describe your favorite location in your house and why you like it.
- ★ Describe a family tradition that you are most grateful for.
- ★ What is a recent purchase that has added value to your life.
- ★ What is biggest lesson you learned in childhood?
- ★ Describe your favorite pet (or former pet)
- ★ What is your favorite memory of your mother?
- ★ What is the biggest accomplishment in your personal life?
- ★ Who is a teacher or mentor that has made an impact on your life and how did they help you?
- ★ What is one something you've learned this week that you're thankful for?

- ★ Who is the one friend you can always rely on?
- ★ List 10 ways you can share your gratitude with other people in the next 24 hours.
- ★ What is a favorite drink that you like to enjoy each day?
- ★ What is today's weather and what is one positive thing you can say about it?
- ★ What is your favorite part of your daily routine?
- ★ Describe a small, everyday thing that you enjoy with a special person in your life.
- ★ Describe a funny YouTube video that you recently watched.
- ★ When was the last time you had a genuine belly laugh and why was it so funny?
- ★ What is something you love(d) about your father?
- ★ How can you pamper yourself in the next 24 hours?
- ★ What is the last thank you note you've received and why?
- ★ List 10 things you are looking forward to in the next year.
- ★ Describe the last time you procrastinated on a task that wasn't as difficult as you thought it would be.
- ★ List 10 things you like about your job or workplace.
- ★ What is a major lesson that you learned from your job?
- ★ What is your favorite movie and why do you love it?
- ★ How is your life more positive today than it was a year ago?
- ★ Who can you count on whenever you need someone to talk to and why?

- ☆ What is a small win that you accomplished in the past 24 hours?
- ☆ What is your favorite holiday and why do you love it?
- ☆ Describe one thing that you like about your daily commute to work?
- ☆ What is what one lesson you learn from rude people?
- ☆ Name and write about someone you've never met, but who has helped your life in some way.
- ☆ Write about a challenging person in your life (i.e. someone you frequently disagree with) and the qualities you like about this person.
- ☆ If you're single, what is your favorite part about being single? Or if you're married, what is your favorite part about being married?
- ☆ Describe your favorite sensation.
- ☆ What is your favorite sports team? Describe a cherished memory you have when cheering for this team.
- ☆ What is one aspect about your health that you're more grateful for?
- ☆ What makes you beautiful?
- ☆ What do other people like about you?
- ☆ How have you recently cared for your mental wellbeing?
- ☆ Write about a recent obstacle you faced and how you overcame it.
- ☆ When was the last time you had a great nap where you awoke feeling fully refreshed?
- ☆ Describe the last time someone helped you solve a problem at work.
- ☆ What is a great book you've recently read?
- ☆ Describe something positive in your life that you didn't have five years ago.

- ★ What fear are you currently facing? How can you use this fear to your advantage?
- ★ List 10 qualities do you like about yourself.
- ★ Who has forgiven you for a mistake you've made in the past?
- ★ Describe a "perfect day" that you recently had.
- ★ Shower or bath? Which do you prefer and why?
- ★ What book are you most grateful for having read?
- ★ What are you most looking forward to in this week?
- ★ What makes you happy to be alive?
- ★ What is your favorite emotion to feel?
- ★ What artist, musician, or author are you most grateful for?
- ★ List 10 of your favorite possessions.
- ★ Look around the room and list all the items that you're grateful for.
- ★ What is something that comes easily to you, but is challenging for others?
- ★ Describe a recent time when you truly felt at peace.
- ★ List 10 items that you take for granted, which might not be available to people in other parts of the world (i.e. Clean water, electricity, etc.)
- ★ Describe a favorite pet and what you love(d) about it.
- ★ What body part or organ are you most grateful for today? (e.g., your ears because you got to listen to inspiring music.)
- ★ List 10 things you like the most about your country?
- ★ What is a great recipe you've prepared that others rave about?

- ★ What is the hardest thing you've had to do, which led to a major personal accomplishment?
- ★ What do you love most about your country?
- ★ What is your favorite quote or bit of wisdom that you like to frequently share with others?
- ★ What is a personal viewpoint that positively defines you as a person?
- ★ What is your favorite charity and why do you support it?
- ★ What aspects of your job do you enjoy the most?
- ★ What makes you happy when you're feeling down.
- ★ Are you a morning person or a night owl? What do you love most about this part of the day?
- ★ What do you love most about the current season?
- ★ What is your favorite habit and why it is an important part of your daily routine?
- ★ Describe your favorite sound.
- ★ What is your favorite season and what do you like about it?
- ★ Describe your favorite smell.
- ★ What are a few aspects of modern technology that you love?
- ★ What is your favorite T.V. show and why do you love it?
- ★ How have you recently cared for your physical wellbeing?
- ★ What freedoms are you most grateful for?
- ★ What is one thing you look forward to enjoying each day after work?
- ★ What activity do you enjoy most when alone?

- ☆ Describe a favorite outfit and why you feel great when wearing it.
- ☆ Describe your favorite taste.
- ☆ What was something you did for the first time recently?
- ☆ What is an app or piece of technology that you use every day which adds value to your life?
- ☆ Where was your last vacation? Describe what you did there.
- ☆ What is your favorite way to enjoy nature? (i.e. walking in the woods, sitting on the beach, or hiking in the mountains, etc.)
- ☆ Describe your oldest friend. What do you like most about this person?
- ☆ What is something positive you can learn from one of your negative qualities? (i.e. Being anxious means you're really good at planning things out.)
- ☆ Write about someone who makes your life better.
- ☆ What hobbies (or activities) would you miss if you could no longer do them?
- ☆ What gift did you enjoy receiving in the past year?
- ☆ What is a favorite country that you've visited?
- ☆ What is something that you've recently fixed?
- ☆ Describe a weird family tradition that you love?
- ☆ What activity do you enjoy when with others?
- ☆ What is something you love(d) about your mother?
- ☆ What are a few ways you can appreciate your health whenever you're sick?
- ☆ Describe an experience that was painful, but made you a stronger person.
- ☆ List 10 skills you have that most people don't possess.

- ☆ Describe your favorite sight.
- ☆ List 10 things you have now that you didn't have 5 years ago.
- ☆ Write about a recent time when a stranger did something nice for you.
- ☆ Write about a time where you felt courageous.
- ☆ What is your favorite food you love to indulge in?
- ☆ Describe a relationship that helped shape you into the person you are today.
- ☆ Describe a teacher who has impacted you positively.
- ☆ Describe one random act of kindness that somebody did you for recently.
- ☆ What is something that you enjoy in nature?
- ☆ Describe one random act of kindness you performed recently.
- ☆ What change are you grateful for?
- ☆ What basic need that has been met are you especially thankful for?
- ☆ What every day essential are you thankful for?
- ☆ Did you experience any highs and lows this week? If so, how did they help shape you?
- ☆ What opportunity are you thankful to have had within the last year?
- ☆ What have you learned from a stressful situation?
- ☆ What food are you thankful for?
- ☆ What are 5 things you are Grateful for?
- ☆ What activities and hobbies would you miss if you were unable to do them?
- ☆ List 5 people in your life who are hard to get along with—and write down at least one quality for each that you are grateful for.
- ☆ What are some things from nature that you are grateful for and why?

- ☆ When was the last time you laughed uncontrollably? Relive that memory.
- ☆ What are you taking for granted about your day today that you can be thankful for? (eg. hot coffee, the view out your window etc.)

## *Journal Prompts for Inner Child Work*

- ☆ As a child, I would daydream about...
- ☆ I could spend hours playing with...
- ☆ I'd love to color with...
- ☆ As a child, I was fascinated by...
- ☆ When I spend time with children now, I feel...
- ☆ As a child, I always wondered about...
- ☆ My favorite activity as a child was...
- ☆ With my childhood friends, I loved to...
- ☆ When I grew up, I always wanted to be...
- ☆ My favorite school subject as a child was...
- ☆ What are some things you used to do and love as a child that you stopped doing because of something someone said or how you were made to feel?
- ☆ If you could talk to your past self what would you tell her?
- ☆ Think of a time in your childhood when you didn't receive the love, attention, or positivity you were yearning for. What would you say to her if she was here now?

- ★ I want you to write a letter to your past self and tell her where you are now, knowing what you know now. If you could go back in time what would you say? What would you tell her?
- ★ When you were a young child, were you allowed to enjoy and express your dynamism and vitality, or taught to subdue it?
- ★ Connect with a time in your life when you felt innocent and childlike.
- ★ What experience from your past have you not yet fully accepted?
- ★ What's something you disagree with about the way you were raised?
- ★ Write about how you were raised by your parent(s). Include the good, the bad, and the ugly.
- ★ If I could talk to my teenage self, the one thing I would say is...
- ★ What does your inner child need?
- ★ What does your inner child want to do with her time?
- ★ What kind of art does your inner child like?
- ★ Does your inner child have any invisible friends and what's their energy like ~ why does she love them so much?
- ★ Are there any parts of her life where your inner child feels neglected? Check in with her to see how she wants to be nurtured.
- ★ Where does your inner child feel the safest?
- ★ How have your inner child's dreams evolved? Your dreams may have changed but where is your childlike spirit still present in your desires?
- ★ In what ways can you honor what your inner child is asking for.
- ★ What does your inner child dream of?
- ★ What games does your inner child love to play?

- ★ What are some of your inner child's favorite places to go?
- ★ How would you describe yourself as a child? In what ways have you maintained or lost those qualities? Why?
- ★ How would others describe you as a child? (If you still maintain childhood friendships ask them!) In what ways have you maintained or lost those qualities? Why?
- ★ When was the first time you felt sad?
- ★ When is the first time you felt scared?

### *Journal Prompts for Shadow Work*

- ★ What qualities irritate you about others? Do you see any of these characteristics in yourself?
- ★ Write about something about which you're in denial.
- ★ Write about a situation or experience that emotionally charged you, and think about whether it might have triggered your shadow self.
- ★ Write about a situation where someone labeled you (bossy, stupid, vain etc.) in a negative way. How has this label affected the person you've become?
- ★ How judged do you tend to feel on a daily basis? Explore how much of that perceived judgement is real and how much is imagined.
- ★ Take a look at the best and most enjoyable aspect of your life right now. What is your underlying fear in that area and why?
- ★ How can you begin to give other people more space and acceptance to be themselves around you?

- ★ Write about the last time you ran away from your responsibilities. Consider why you did that and what the results were.
- ★ Write about the biggest experience of loss for you so far this year.
- ★ What does it feel like to be completely discouraged by someone's words? Be descriptive and consider writing about personal experiences of this in your own life.
- ★ Which emotion do you tend to deal with in unhelpful/destructive ways? Write about the way you usually deal with this troublesome emotion. Then write about what your life might be like if you dealt with it differently.
- ★ What does it feel like to have your emotions belittled or downplayed? Be as descriptive as possible and try writing about specific examples from your own life too.
- ★ What does the word 'punishment' make you think of right now and why?
- ★ What's the one thing you know you need to do but keep avoiding? Write it down. Then write a step-by-step description of actually doing it. Include every action which would need to be involved in order to get it done. At the end of the exercise, explore how you feel.
- ★ Consider yourself at your worst - at a point where all of your most negative and disruptive traits have come to the surface. Capture that version of you in your mind. Then write a letter of love, understanding and compassion to that version of you. (For extra credit: Read the letter aloud to yourself whenever you feel like you've turned into a bit of a monster!)
- ★ Pinpoint something that's really frustrating/upsetting you at the moment. Then try writing an uplifting, beautiful poem about it!

- ★ When was the last time you witnessed distinctly self-destructive behaviour, either in yourself or in someone else? Describe it and the emotions you had at the time.
- ★ Write about the last time you tried to manipulate a situation to your advantage and examine how you feel about that in hindsight.
- ★ Whereabouts do you currently feel isolated and how are you dealing with that emotion?
- ★ What do you currently envy in someone else's life and why? (For extra credit: What kinds of emotions come up when you imagine yourself having access to the thing you envy?)
- ★ What does the term 'superiority complex' bring to mind for you and why?
- ★ At the top of a blank page write the following words, 'My insecurity is my teacher.' Then fill the page up with your responses to this sentence - whatever comes to mind, honey!
- ★ Why is it sometimes difficult to tell the difference between someone saying something intentionally mean and someone just saying something accidentally thoughtless?
- ★ Whereabouts do you tend to expect other people to conform to your beliefs? (And what scares you the most about allowing people to have their own beliefs in that area?)
- ★ Write about the different ways in which people have expressed their anger or resentment in front of you over the last few months. What do you notice about their different modes of expression for these emotions?
- ★ If you could say one thing to the person who's hurt you the most right now, what would it be and why?

- ★ What was the last cruel thing you wanted to say to someone in order to make them feel bad about themselves or their actions? Write it down and then explore your feelings about it.
- ★ What does the term 'constructive criticism' make you think of and why?
- ★ Describe a scenario in which you feel that competition could be healthy and productive. Then describe a scenario in which competition could be toxic and unproductive. Finally, write about your emotional response to this exercise.
- ★ What cliché makes your stomach turn, and why? Is it the inaccuracy or the accuracy that bothers you?
- ★ Have you ever badly hurt someone unintentionally? Could you have been more responsible / compassionate to them?
- ★ In what ways are you inauthentic? Why?
- ★ In what ways are you hypocritical? Do you break your own rules of conduct? Hold others to a higher standard than you hold yourself?
- ★ What emotion do you try to avoid (sadness, jealousy, anger...) why are you afraid of letting yourself feel that way?
- ★ What friendships / relationships do you hold onto that are unhealthy? Why?
- ★ What rules do you intentionally break? What is your reason for breaking them? Are you truly justified to break these rules?
- ★ What are your "bad habits"? Why don't you break them?
- ★ How often do you lie to yourself? In what ways are you in denial?
- ★ Do you hold grudges against others that could be let go? What is your motive for holding on to them?

- ☆ What fictional villain / antihero do you most relate to? What aspects of your personality is the choice based on?
- ☆ Think of past dreams you have done taboo or inappropriate things? What could these dreams potentially mean?
- ☆ If you could get rid of one memory, which one would it be? How would you be affected by no longer having it?
- ☆ What is the biggest promise to yourself that you have broken? Do you regret it?
- ☆ Think of a time someone broke your heart. In what ways may have you been responsible as well?
- ☆ Do you have any fetishes/kinks that stem from issues in your past? Do they liberate or hinder your healing process?
- ☆ In what ways are you privileged? How often do you take things for granted?
- ☆ What has fear hold you back from? Do you blame yourself or others?
- ☆ What are things you could absolutely never forgive if someone did to you? Have you done any of these to others?
- ☆ What irrational fears do you have? What sort of blocks do they cause?
- ☆ What does your critical inner voice have to say? Who contributed to that voice? Forgive them.
- ☆ Where do you tend to be hard on others? Are your strong opinions getting in the way of your relationships? Do you ever get caught up in defending your opinions, or trying to convert people to see things your way?
- ☆ Find the opposite of a strong opinion of yours. Sincerely look for evidence to prove this contrasting viewpoint. Stay open to what you learn.

- ★ In what area of your life is a little Diplomacy needed?
- ★ What systems or structures do you find yourself relying on, or hiding behind? What might happen if you let them go?
- ★ Is there a current conflict in your life, or a place where you are feeling defensive and your guard is up?
- ★ Where might you still be obsessed with climbing up a ladder?
- ★ How does Pride express itself in your life? Out in the open? Beneath the surface? Be honest.
- ★ Have you ever been blinded by power, or involved in corruption?
- ★ Are there areas in your life where you're pushing your agenda? Are you willing to listen more deeply to the needs of others?
- ★ Where do you tend to feel inferior, or superior, to others? Who are you being hard on, even if you don't like to admit it?
- ★ Can you embrace all people equally? In what situations do you find this challenging?
- ★ Where do you actually have an opinion, but are afraid of sharing it? Where in your life could you use a backbone?
- ★ If you weren't feeling so guilty, what might you do differently? Or do less of?
- ★ Think of a part of you (a feeling or experience) that you reject as bad or inappropriate. How can you embrace it?
- ★ Where do you most feel like a victim? Be honest.
- ★ Where have you given into unhealthy competitive impulses?
- ★ Where and with whom do you tend towards selfishness?

- ★ Do you ever find yourself being arrogant? In what situations? What feelings are underneath the arrogance?
- ★ Where are you your own worst enemy?
- ★ What feelings do you judge the most as being bad or shameful?
- ★ What and who do you tend to complain most about, or blame?
- ★ How does your inner elitist express itself? Do you sometimes think that you are more evolved than others? Do you keep these thoughts to yourself, or do they sometimes leak out with malice? Be honest.
- ★ Think of a recent time you felt emotionally triggered and did, or were tempted to, react, lash out or reject someone. Is it possible you were feeling rejected or were afraid of being rejected?
- ★ Write openly and honestly about your biggest secret and why you must keep it safe.
- ★ What parts of yourself are you ashamed of? What does your shadow self-look like?
- ★ Finish this sentence: "I can't stand it when other people..." Examine those character flaws. Do you also possess them? Be honest.
- ★ What are some traits in others that really bothers you?
- ★ When was the last situation where you may have really overreacted? What triggered it?
- ★ Where and how in your life are you seeking more power? How is this creating conflict within yourself and with others? How can you accept and fulfil this need in a way that feels good to you?

- ★ Where and how in your life are you feeling and exhibiting greed? How is this creating conflict within yourself and with others? How can you accept and fulfil this need in a way that feels good to you?
- ★ Where and how in your life are you acting out of fear? How is this creating conflict within yourself and with others? How can you come from a place of love, not fear?
- ★ Where and how in your life are you experiencing jealousy? How is this creating conflict within yourself and with others?
- ★ Where and how in your life are you hanging on to a part of your identity that isn't authentic? How is this creating conflict within yourself and with others?
- ★ Where am I identifying too strongly with a role or possession in my life?
- ★ Where in my life am I being inauthentic?
- ★ Where in my life am I being self-obsessed?

### *Journal Prompts for Discovering Your Purpose*

- ★ What would you ask for if a genie granted you three wishes?
- ★ What would your perfect day be like? Close your eyes and imagine the kind of world you would like to see. What is it like?
- ★ What's your wildest dream?
- ★ When you were young, what did you want to be when you grew up. Why were you drawn to those professions then? Do you carry any of these attributes and aspirations today?

- ★ What inspires you? What truly inspires you?
- ★ What passions are you sitting on?
- ★ When was the last time you felt deeply aligned with your purpose? Or connected to the totality of existence?
- ★ Where do you have a natural talent? Think of one thing you can do to cultivate greater Mastery in that area.
- ★ Where are you telling yourself that you're not ready? What are you waiting for?
- ★ Have you given up on discovering who you truly are, and where you come from? Are you afraid of digging too deep? What can you brave digging into?
- ★ How is it that you would most love to serve this world?
- ★ What simple act could you take to turn a pipe dream into a reality-in-the-works?
- ★ Have you convinced yourself there's no use, in relation to a particular passion of yours? What (and who) do you care enough about to find a way to serve anyway?
- ★ Are you forever looking for your life purpose? Do you know what it is, but can never follow through?
- ★ How do you define success? Is that your definition of what you want to achieve or what you believe you "should" achieve?
- ★ Something I would love to do but I'm not sure I can is...
- ★ Who are your role models and what qualities do you (already) share with them?

- ★ What words or beliefs do you (want to) live your life by?
- ★ If you could run any business (and the business would be a guaranteed success), what business would you run?
- ★ Do you think having a sense of purpose is important? Why or why not?
- ★ Do you have a sense of purpose about your life? If so, can you define it, or is that definition an elusive something for which you've always searched?
- ★ Brainstorm a list of values that are important to you. Circle your top ten. Then, double-circle your top five. Write a purpose statement using your top five values, beginning, "The purpose of my life is ...."
- ★ Perform a word-association exercise with the word purpose. When you're done, look over the list of words you've created. Is there a common theme? Or perhaps a mood
- ★ When did you first become aware of a sense of (or lack of) purpose? What were the influences in your life at that time?
- ★ Have you had times in your life when you felt that you'd been on the wrong track? Something changed and your sense of purpose shifted with it? Describe some of these times. What were the factors or changes occurring prior to and after these shifts?
- ★ Write about the memories that arise when you consider the role your sense of purpose played in your decision-making processes?
- ★ It's Saturday morning and you have nothing to do. What would you choose to do? How can you integrate that type of activity into your life more?
- ★ What are you passionate about learning? What do you get excited about learning? Why?

- ★ If someone were about to give up on a dream, what would you tell him or her?
- ★ What are your favorite books and movies? Why? Is there an underlying theme? Is that theme something that you want play out in your life
- ★ What is your favorite song? What kind of music do you enjoy listening to? How do you feel after you listen to it? Does it affect you positively or negatively?
- ★ Who are the 5 people you spend the most time with? They say we are a summation of the people we spend the most time with. How are these people affecting you and your ability to fulfil your purpose?
- ★ Who are the 5 people you admire most? Why? Is there a way you can spend more time around people like that? How can you be more like that?
- ★ Who is our favorite person? Why? Can you see yourself in them?
- ★ If you could change one thing about yourself, what would it be and why? If you can change it why haven't you? How could your changing it impact others in a positive way? If it's not something that can be changed, how would your life change if you chose to embrace that quality as part of something unique you have to give?
- ★ What three words describe who I am and how I want to be remembered by others? Why did I choose each word?
- ★ What three words describe how I want to engage with others—how do I want to treat others and how do I want to be treated? Why did I choose each word?
- ★ What are three feelings that I consider enjoyable and/or meaningful and want to experience more often? Why?

- ★ If I were the best version of myself, what three philosophies would I live by?
- ★ What are two things I can do today to contribute to the kind of world I want to live in?
- ★ If there was one message I'd want my life to stand for, what might it be?
- ★ List all the things you love to do and all the things you believe the world needs. Where do they overlap?
- ★ What recent event felt meaningful to you and sparked thoughts of your life's meaning and purpose. What about this event felt different or special?
- ★ Do you regularly engage in activities that help others live a better life? How do you do so? How would you like to do so?

### *Journal Prompts for Clarity and Decision Making*

- ★ Do you miss out on wonderful opportunities because you are afraid of trusting your instincts and taking a leap?
- ★ Do worries, doubts and anxiety make it hard to hear your Intuition?
- ★ Pay special attention to that still small voice within, your clear, instantaneous knowing. What is it telling you right now? Follow it today, even if your mind is resisting. See what happens.
- ★ Do you sometimes ignore your intuition, or say yes before you're ready, because you're afraid of missing out? Or because waiting for clarity makes you too uncomfortable?
- ★ Write a list of questions you wish you had the answers to.
- ★ What is your first emotional reaction to this choice?

- ★ Do you feel drawn to a commitment to one of the options, or do you prefer to simultaneously pursue more than one and re-evaluate again at a later time?
- ★ Do you feel energized or drained by the thought of pursuing this choice?
- ★ Describe the ways in which this path would or would not feel aligned with the person you want to be?
- ★ What part of this choice sparks joy for you?
- ★ What information do you need to have to either move forward with this choice or let it go?
- ★ What part of this choice causes you anxiety?

## *Journal Prompts for Creativity*

- ★ What creations want to come through me?
- ★ What is causing you the most pain or confusion right now? How can you express your pain, fear or confusion creatively?
- ★ Where in your life do you feel innovative?
- ★ Think of a time when you felt especially creative, playful or free. Where were you? What were you doing? Who were you with?
- ★ Think of a time you had fire in your belly.
- ★ Is there something new that wants to be born in you?
- ★ Are you stuck working in, or against, "the system"?
- ★ What area of your life is calling out for Innovation?

- ★ Think of something that you loved to do or play when you were a child (7 and under). Spend some time engaging in that activity. How does it feel?
- ★ Do you feel stuck in life's details, with no creative outlet?
- ★ How can you coax out your individual, creative Style?
- ★ Reflect on a time when you made using your imagination a regular part of your life.
- ★ Imagine participating in an exciting synergistic collaboration. What kind of project would excite you most? Which of your gifts would you want to bring to the table? Who would you want to co-create with? What qualities would you want them to have?
- ★ What does living an Artful life mean to you?
- ★ Think of a time that you experienced a magical synchronicity in relation to a creative process. What attitude were you holding at the time?
- ★ Is your social responsibility getting in the way of your creativity?
- ★ Remember the last time you experienced a sense of timelessness. Where were you?
- ★ Write 10 words that you love.
- ★ What is something that you would like to improve in your creative life?
- ★ What creates brightness and light in your day?
- ★ Describe what lives outside your window.
- ★ Who has inspired creativity in you?
- ★ What causes are you passionate about?
- ★ What are your favorite creative outlets?
- ★ What moment stood out to you most today?

- ★ What magic power would you like to have? How would you use it? What would it feel like?
- ★ Where are you happiest? Describe that place.
- ★ What's your favorite: season, color, place, or food? Describe it.
- ★ Turn a recent dream you had into a story with a clear beginning, middle and end.
- ★ Write in depth about a subject that fascinates you.
- ★ Write a poem about the greatest joy or the greatest sorrow in your life right now.
- ★ Make a list of everything that inspires you – from books to websites to quotes to people to paintings to stores to the stars.

### *Journal Prompts for Goal Setting*

- ★ The sky's the limit. What would you do if you knew you could not fail?
- ★ What grand adventure do you wish you could go on?
- ★ If you could become an expert in any subject or activity, what would it be?
- ★ What would you do if money were no object?
- ★ Has the desire to own and accumulate taken over your life?
- ★ What new adventure awaits you?
- ★ Is it time to let go of a fantasy that's been keeping you from living and enjoying your actual life?
- ★ Is your integrity being compromised by your ambition?

- ★ Where is your life flowing? Where are you holding back?
- ★ Do you tend to get too lost in fantasy, or not take your dreams seriously enough?
- ★ Is your rejection of materialism preventing you from receiving?
- ★ What would you do differently if you made friends with the unknown, instead of resisting it?
- ★ Is it time to take an old (perhaps forbidden or “unrealistic”) dream out of the closet, and give it a chance?
- ★ Have you given up on your ambitions out of disillusionment?
- ★ How can you open up more to receiving?
- ★ If you weren't afraid to expand, what might you expand into?
- ★ Describe your dream: job, partner, home.
- ★ How would you like your life to be when you're older?
- ★ List 10 things that you want to happen in the next year.
- ★ What is your top goal? Why is this goal important to you?
- ★ How would you like to be remembered when you're gone? You could write this as an obituary or eulogy.
- ★ Describe what it feels like to work hard for something.
- ★ If you love a topic, subject, or idea, what can you do to make sure that you learn it well?

*Journal Prompts for Writing Letters*

- ★ Dear \_\_\_\_\_, it weighs on me that I never told you...
- ★ Dear \_\_\_\_\_, it hurts me that you...
- ★ Dear \_\_\_\_\_, I wish you knew how much...
- ★ Dear \_\_\_\_\_, I have been wanting to talk to you about...
- ★ Dear \_\_\_\_\_, it's important to me that...
- ★ Write a letter to a long lost love or long lost friend.
- ★ Write an apology to someone you wronged.
- ★ Write an apology you never received from someone who wronged you.