



JOURNALING WITH PROMPTS WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING WITH PROMPTS

Journaling with Prompts is an essential part of journaling. It is highly effective as it gives you a direction, an avenue to explore. It solves the problem of “what should I journal about?”. When you have a journal prompt to... well... prompt you, then you don’t end up with pen frozen over paper not knowing where to start. It gives you something to contemplate and an area to start digging deeper into..

Prompts are the best way to take anything you are learning, contemplating, or questioning to a deeper level. It helps you go past that point where you would typically stop when mulling something over solely in your head. It helps you process and inquire further. Almost every form of journaling either uses, or can benefit from, the addition of journal prompts. Using powerful coaching questions as journaling prompts is what creates much of the truly healing and transformative forms of journaling you’ll be exploring in this program.

Enjoy!

Christa Potter





▷ Describe your greatest fear.

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▷ Describe your biggest dream.

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▷ What are the biggest distractions in your life right now?

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▷ What are you avoiding with these distractions?

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▷ What does vulnerability mean to you?

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▷ Are you capable of being vulnerable? Why or why not?

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Notes

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