



JOURNALING WITH PROMPTS TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING WITH PROMPTS

▷ What You Will Discover

- What a journal prompt is.
- The benefits of using journal prompts.
- How journal prompts improve your journaling experience..
- Resources for journal prompts.

▷ Benefits of 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.

Journal Prompts can range from a simple guide like the beginning of sentence that directs you down a particular path, or something much more impactful like the kinds of powerful questions you would expect to receive from a coach or therapist.

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.



"The quality of your life is a reflection of the quality of the questions you ask yourself."

▷ Resources for Journaling Prompts

There are so many resources for great journal prompts. Courses like this one, books, oracle cards, blog posts, and of course your imagination! I hope this course will become a valuable resource for you when it comes to never having to wonder about what to journal on again. Later in the program you'll be receiving your Transformation Journaling 1001 Journal Prompts PDF which I hope will be a valued resource for you for years to come. Whether you select prompts at random or create a plan for working through them all, I know you will be amazed at the wisdom, clarity, healing, and insight that will come from working with these prompts.

I'll be including several prompts with each lesson in this course. Watching a lesson and using the accompanying workbook with prompts throughout the week is the perfect way to make journaling a regular habit in your life. By the end of this course you will have explored many different forms of journaling and become accustomed to having it be part of your routine. Not only that, by doing all of the prompts with each lesson you will have no doubt already created a transformation and positive shift in your life. I can't wait to hear about your experiences!

Let's dive into some journal prompts!

▷ How to Journal for Emotional Processing and Healing

- What is your first memory?
- Describe your greatest fear.
- Describe your biggest dream.
- What are you avoiding with these distractions?
- What does vulnerability mean to you?
- Are you capable of being vulnerable? Why or why not?



Notes

A series of horizontal dashed lines for writing notes.

