



# Some Journal Prompts

- What personal strengths have I discovered about myself recently?
- What brings me peace?
- How do I define success?
- What does productivity mean to me?
- From where do I get my strength?
- When or where do I feel most confident?
- What do I want to learn next?
- What would my best friend say about me and my choices?
- What makes me feel worthy?
- What do I want to do that I'm afraid to do?
- How do I get in my own way? What do I want to do about that?
- How do I serve other people?
- What's one thing I want to change in the next two weeks?
- How can I enrich my meaningful relationships?
- What does a life well-lived look like for me?
- Who do I need to forgive? How can I do that?
- What's the best thing that happened this week? What value does that support?
- What clutter do I need to clear from my brain?
- What can I do to help myself find flow? What has worked before?
- What do I need to know right now?
- How do my choices support my values?
- When I watch the clouds, what do I see?
- What do I admire about my chosen people?
- What brings me joy?
- What feelings hit deepest when they come?
- When have I chosen a new course?
- How do I make my best decisions?
- Who is my favorite Muppet? What draws me to that Muppet?
- What do I need to grieve?
- When I feel depleted, how can I help myself?
- How have I been Seen lately?
- How have I improved someone's life recently?
- What is enough?