
JOURNAL PROMPTS FOR HEALING

15 Days of Writing Prompts for Healing

We've put together 15 Journal Prompts for Healing to encourage you to pause, look within, and create healing through awareness. Whether you're searching for healing



from a past relationship, a limiting belief or a challenging situation, journaling can help. Writing is a wonderful tool to help release your thoughts, feelings and energy while focusing on the present moment. By asking yourself questions you can also work backwards to find patterns and where a thought or feeling began.

I hope these journal prompts help guide you on your inner healing journey and encourage more peace, joy and harmony in your life.

Benefits of Journaling:

- * Reduces stress
 - * Creates mindfulness
 - * Encourages creativity
 - * Boosts memory, mood and confidence
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1. Describe an experience or challenge you're ready to release today.

2. What thoughts, feelings or energy have you been holding onto because of this experience or challenge?

3. What thoughts, feelings or energy would you like to feel instead?

4. Write out three affirmations that encourage positive feelings. Repeat them every morning or as often as you can.

5. Is there a lesson in this experience or challenge you've learned?

6. Is there someone you need to forgive? If yes, write them a letter explaining how you feel and that you are ready to release the thoughts or feelings.

7. Is there anything you need to forgive yourself for?

8. I choose to be a warrior, and _____ will no longer define my story, or who I am.

9. I am not the experiences I've had _____, I'm what I choose to be: _____.

10. What are three actionable steps you can take today to bring greater peace and joy into your day and life?

11. Describe yourself in three positive words.

12. I'm ready to move forward with my life because I deserve _____.

13. If my best friend were going through the same challenges I would tell them _____.

14. I can't change the past, or control _____, but I choose to _____.

15. Write your future self a letter. Describe yourself and your life as you'd like it to be. How you're feeling, how proud you are, how you've moved forward, etc.

Happy Journaling!

Check out our collection of [guided journals](#) for self-care at:

WWW.ROBYNLIECHTI.COM
