

A few journaling prompts you might want to explore

Stuck on what to write? Try using one of the below as a prompt.

Trust Yourself

Take some time to reflect on your personal values. Write about the things in life that truly matter to you. How can you incorporate more of these into your daily life.

Live Your Joy

What does fun feel like? What brings up that feeling in you? Write about times when you've felt truly present and mindful. How do these moments impact your overall sense of well-being?

Believe in Yourself

Is there a personal goal you'd like to work towards? Why is it important to you? Write about the potential steps you could take to move closer to that goal.

Appreciate Yourself

What do you most admire about how you've come through challenging situations in your life?

You are Powerful

After 2 weeks of consistent journaling, reflect on your overall experience. How has journaling impacted your well-being, self-awareness, decision making and personal growth? What are you noticing about yourself? Journal about any insights, synchronicities or aha moments you've had.
