

Journal Prompts

FOR SELF-REFLECTION

PART
3

21. LIST ALL MY SMALL VICTORIES AND SUCCESSES

22. WHAT DOES MY IDEAL MORNING LOOK LIKE?
HOW CAN I ADD SOME OF THIS TO MY MORNING ROUTINE?

23. WHAT MAKES LIFE FEEL COMPLICATED?
HOW CAN I SIMPLIFY MY LIFE IN LITTLE WAYS?

24. DO I HAVE ANY EMOTIONAL PAIN POINTS AT THE MOMENT?
WHAT WOULD NEED TO HAPPEN FOR ME TO HEAL?

25. WHEN I'M TELLING MY GRANDKIDS ABOUT WHAT I DID IN MY LIFETIME,
WHAT WOULD I BE TELLING THEM?

26. HOW HAVE I BEEN HOLDING MYSELF BACK? HOW CAN I TAKE A STEP FORWARD?

27. WHAT/WHO INSPIRES ME THE MOST? WHY AM I DRAWN TO THOSE INSPIRATIONS?

28. HOW CAN I MAKE MORE SPACE IN MY LIFE FOR THE THINGS I LOVE?

29. WHAT HOBBIES WOULD I LIKE TO TRY?

30. WHO CAN I ENCOURAGE THIS WEEK?