

JOURNALING PROMPTS

WHAT IS CALLING OUT TO YOUR SPIRIT LATELY AND ARE YOU ANSWERING IT?

WHAT ARE THE TOP THREE THINGS YOU ARE COMMITTED TO AND DO IDEALLY YOU WANT TO KEEP THAT LEVEL OF COMMITMENT?

ARE YOUR CURRENT ACTIONS/BEHAVIORS ALIGNING WITH YOUR VALUES/MORALS OR IS THERE A BIT OF COGNITIVE DISSONANCE? HOW CAN YOU GET THEM MORE ALIGNED?

WHAT ARE A FEW WAYS YOU CAN EXPAND YOUR MIND AND HORIZONS MORE? THINK OUTSIDE THE BOX.

IF THE THREE PEOPLE WHO KNEW YOU THE BEST HAD TO SAY WHAT YOUR PASSIONS IN LIFE WERE, DO YOU THINK YOU'D AGREE WITH THEIR ANSWER?

HOW CAN YOU MAKE YOUR PASSIONS MORE OBVIOUS TO THE WORLD AND SHARE THEM WITH OTHERS?

HOW WOULD YOUR LIFE OPEN UP IF YOU DOVE DEEPLY INTO YOUR PASSIONS ONE DAY A WEEK AND LET YOUR SOUL RUN WILD?

WHAT ARE THE THINGS (PEOPLE, ROUTINES, SYSTEMS, ETC.) THAT YOU ARE POSITIVE ARE WORKING FOR YOU IN YOUR LIFE RIGHT NOW?

HOW CAN YOU USE THE THINGS YOU KNOW ARE WORKING FOR YOU TO HELP OTHER PEOPLE?

WHERE IS YOUR HAPPY PLACE WHERE YOU CAN GO TO EXPLORE THE THINGS THAT ARE MOST IMPORTANT TO YOU? DESCRIBE IT IN DETAIL EVEN IF IT DOESN'T EXIST YET.