



# Journaling: Reflective Thinking

Journaling is a very effective practice that supports our personal growth journey. When we write regularly about ourselves, we discover our inner dialogue and unearth our limiting and empowered beliefs. Journaling helps us to find our compassionate voice, both for ourselves and for others. It is an excellent way to express ourselves more fully, creating an avenue for discovering what we want, what matters to us, and what we are ready to release from our lives. Instead of getting stuck in our heads, writing helps us to see things more clearly. It also gives record to our celebrations, resilience, joy, struggle, courage and self-love when we use it regularly.

## **Journaling Prompts**

1. My favorite way to spend the day is...
2. If I could talk to my childhood self, the one thing I would say is...
3. The two moments I'll never forget in my life are... Describe them in detail, and what makes them so unforgettable.
4. Make a list of 30 things that make you smile.
5. The words I'd like to live by are...
6. I couldn't imagine living without...
7. When I'm in pain — physical or emotional — the kindest thing I can do for myself is...
8. Make a list of the people in your life who genuinely support you, and who you can genuinely trust. Write at least 3 reasons you picked them for each person.
9. What does unconditional love look like for you?
10. What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?
11. I really wish others knew this about me...

12. If my body could talk, it would say...
13. Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.
14. What do you love about life?
15. What always brings tears to your eyes?
16. What do you love about the work that you do?
17. Write about your first love — whether a person, place or thing.
18. Using 10 words, describe yourself.
19. What's surprised you the most about your life or life in general?
20. What can you learn from your biggest mistakes?
21. I feel most energized when...
22. Write a list of questions to which you urgently need answers
23. Make a list of things that inspire you — include books, websites, quotes, people, art, objects, places etc.
24. What's one topic you need to learn more about to help you live a more fulfilling life?
25. I feel happiest in my skin when...
26. Make a list of everything you'd like to say no to.
27. Make a list of everything you'd like to say yes to.
28. Write the words you need to hear.
29. My greatest accomplishment so far is...
30. I am most creative when I am....