



30-Day Journal Prompts for Removing Blocks & Healing the Past

Set aside time each day to reflect and write. Approach each prompt with curiosity and compassion. There are no wrong answers—just what's true for you in the moment.

Day 1: What repeating patterns do I notice in my life, and how might they connect to unresolved experiences?

Day 2: How do I respond to discomfort or emotional triggers? What is this response trying to protect me from?

Day 3: Describe a time when you felt unsupported. How can you offer yourself that support now?

Day 4: What beliefs about yourself were shaped by childhood experiences? Are they still true?

Day 5: What is one fear that holds you back from moving forward? What would life be like without it?

Day 6: How do I self-sabotage when I get close to something I desire?

Day 7: What emotions have I been avoiding? How can I gently make space for them?

Day 8: Who taught me how to love and care for myself? How does that influence me today?

Day 9: Reflect on a time you felt most free. What was different about that version of yourself?

Day 10: How does my inner critic speak to me? What would my inner nurturer say instead?

Day 11: Where in my body do I feel emotional pain? How can I offer healing attention to that area?

Day 12: What have I learned from past relationships that I can apply to my growth?

Day 13: How do I numb or distract myself from uncomfortable emotions? What's beneath those feelings?

Day 14: If I could rewrite one painful memory with the wisdom I have now, what would I

change?

Day 15: What part of my past self needs forgiveness? How can I offer that compassion?

Day 16: What limiting beliefs about success, love, or happiness am I holding onto?

Day 17: Who am I trying to please or prove myself to, and why?

Day 18: What childhood dream or desire have I abandoned? Can I reconnect with it?

Day 19: How do my current boundaries reflect the healing I've done (or still need to do)?

Day 20: Write a letter to your younger self. What do they need to hear right now?

Day 21: What lessons have I learned from my hardest experiences? How have they shaped me?

Day 22: What part of my story am I ready to release?

Day 23: How does fear disguise itself in my life? What lies does it tell me?

Day 24: What role does forgiveness play in my healing process? Who needs my forgiveness?

Day 25: Describe a time you reclaimed your power. How can you harness that strength again?

Day 26: What do I need to grieve that I haven't given space for?

Day 27: What is my relationship with vulnerability? When does it feel safe or unsafe?

Day 28: How have I grown emotionally in the past year? Celebrate that progress.

Day 29: What does my ideal healed life look like? How can I take one step toward it today?

Day 30: What message does my future self have for me about this healing journey?

These prompts are designed to help you uncover hidden blocks, process unresolved experiences, and bring conscious awareness to past wounds. By using these daily reflections, you'll step into a more empowered and free version of yourself.

