

Create Your Reality

Journal Prompts

- ~ What does your life look like if there are no limitations?
- ~ What area of your life do you find it incredibly easy to change?
- ~ What area of your life do you find it incredibly difficult to change?



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- ~ In the area of your life you find difficult to change, what are some of your beliefs about why it's difficult?
- ~ If you had to guess, where would you say these beliefs come from?



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- ~ In the area of your life you find easy to change, what are some of your beliefs about why it's easy?
- ~ If you had to guess, where would you say these beliefs come from?



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Once you have identified the thoughts and beliefs that contribute to the blocking of your ideal life, you can begin to challenge them and create new thoughts and beliefs!

If you have any questions that come up for you while doing this exercise, please email me or book a 1:1 session.
lighthouseintuitivecoaching@gmail.com



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