

SATYA & VALUES JOURNALING PROMPT: HONORING YOUR TRUTH

Satya (Sanskrit for “truthfulness”) is a practice of being honest with yourself in thoughts, speech, and action—gently and without judgment. Use this journaling tool to explore your inner truth and how it aligns with your values.

1. What feels true for me right now?

Not what should feel true — just what is. Let it come gently.

2. Where do I notice tension or discomfort when I speak or think about this truth?

Body cues, emotional reactions, or fears that arise.

3. What value(s) does this truth reflect?

Examples: authenticity, peace, independence, compassion, growth, rest

4. What part of me is scared to say this truth out loud? What might it be protecting me from?

No wrong answers. Even the fearful parts have a story.

5. What happens when I imagine honoring this truth anyway?

Even just internally—what shifts?

6. What would it look like to live with this truth, rather than fight it?

One small step in daily life, communication, or choices.