

JOURNAL PROMPTS



SELF-WORTH

What messages about worth did I grow up with—and what do I believe today?

ANCESTRAL STRENGTH

What emotional wounds am I carrying that didn't start with me?

LIBERATION

What does it mean for me to live a life that feels free?

RELATIONSHIPS

How do I show up in relationships—and what patterns do I want to shift?

SELF-COMPASSION

How can I offer myself more grace this week?

IDENTITY

Where do I feel most like myself?
Least like myself?

HEALING

What does healing look like for me in this season?

STRESS

Where does my body hold stress related to identity or culture?

BOUNDARIES

Where do I need to set or strengthen boundaries?

JOY

What brings me joy that I don't allow myself enough time for?

Your lived experience is valid.
Your healing is sacred.
You are allowed to take up space.