

✧ JOURNALING PROMPTS FOR YOUR SECOND ACT ✧

A companion to help you Release, Rediscover, Reimagine, and Rebuild.

HOW TO USE THESE PROMPTS

Pick one that calls to you. Set a timer for 10–20 minutes. Write freely, without judgment.

Let these questions guide you. Not define you.

They're not tests. They're doorways.

◆ Release – Empty the mental noise

Let go of what's cluttering your mind so you can hear your own voice again.

1. What thought have I been circling for days that's no longer serving me?
2. What have I been afraid to admit, even in writing?
3. What is one truth I've been swallowing to keep the peace?
4. If I could put down one emotional weight today, what would it be?
5. What's the loudest voice in my head right now, and who does it really belong to?
6. Write a letter to a fear that keeps showing up. Then set it free.
7. What roles have I been playing that no longer fit?
8. What am I angry about that I've convinced myself doesn't matter?
9. What's something I need to say out loud but haven't found the words for?
10. If my mind were a messy drawer, what's one thing I'd toss out today?

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◆ Phase 2: Rediscover – The Self You Put Aside

Reconnect with the forgotten or hidden parts of your identity.

1. What did I love before the world told me what I “should” love?
2. When did I feel most like myself as a child, and what was I doing?
3. What's one part of me I've left behind in order to be accepted?
4. Who saw something beautiful in me before I could see it myself?
5. What did I daydream about before I had responsibilities?
6. Write about a time I felt free. What made it possible?
7. What's something small that used to bring me joy that I've stopped doing?
8. Who was I trying to protect when I started hiding pieces of myself?
9. What's one thing I miss about who I used to be?
10. If I could go back and whisper something to my 20-year-old self, what would it be?

◆ Reimagine – Envision a life that fits

Dare to dream into the life you want to live next.

1. If I started over tomorrow with no fear or obligation, what would I do first?
2. What would my ideal day look like, from morning to night?
3. What's a version of success that actually feels good to me now?
4. Who would I be if I stopped asking for permission?
5. What does “a life that fits” feel like in my body?
6. What could I create if I believed I was allowed to take up space?

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7. If I trusted my instincts completely, where would they lead me?
8. Who are the people I want at my table, and why?
9. What am I secretly longing for that I've never said out loud?
10. What would my second act look like if it were rooted in joy, not duty?

◆ **Rebuild – Write yourself into becoming**

Create something new from what you've learned and who you are now.

1. What strengths have emerged from everything I've been through?
2. What boundary do I need to set to build what's next?
3. What's one commitment I can make to myself this month?
4. If I were the author of my next chapter, what would the title be?
5. What needs to change in my daily life to support the life I want to build?
6. Who am I becoming, and what does she need from me today?
7. What can I do this week that honors both who I was and who I'm becoming?
8. What story am I ready to stop telling about myself?
9. What kind of legacy do I want to leave? Not someday, but now?
10. What does it mean for me to come home to myself?

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