



20 Journal Prompts

These prompts are designed to gently challenge thinking while remaining approachable. They invite curiosity rather than judgment and encourage meaningful self-reflection.

1. What do I want more of in my life right now?
2. What am I tolerating that no longer feels right?
3. If fear wasn't making this decision, what would I choose?
4. What story am I telling myself about this situation?
5. Is that story actually true?
6. What's one small step I could take today that my future self would thank me for?
7. What am I avoiding, and what might happen if I faced it?
8. Where in my life do I feel most like myself?
9. What drains my energy? What gives me energy?
10. If I believed I couldn't fail, what would I try?
11. What's one limiting belief I'm ready to let go of?
12. What does success look like to *me*—not to everyone else?
13. Where am I waiting for permission instead of trusting myself?
14. What have I accomplished that I rarely give myself credit for?
15. What would it look like to choose progress over perfection today?
16. What am I saying "yes" to that really deserves a "no"?
17. What do I need to forgive myself for?
18. Imagine it's one year from today. What has changed because I decided to take action?
19. What kind of person do I want to become, and how can I be that person today?
20. What's one question I need to stop asking myself... and what's a better question to ask instead?