

Journal Prompts: Dropping Your Storyline

1. What is the story you've been telling yourself about who you are or who you should be?
2. How has your personal narrative shaped your choices and behaviors up until now?
3. What parts of your past are you holding onto that may no longer serve you?
4. How would your life look if you didn't define yourself by your past experiences or mistakes?
5. What would happen if you let go of the labels or identities that have kept you stuck?
6. How do your beliefs about your own limitations impact your current actions?
7. What is one narrative about yourself that you are ready to release, and what would you like to replace it with?
8. When was the last time you felt free from the story you've been telling yourself? What did that freedom feel like?
9. How can you remind yourself daily to live beyond your old stories and see yourself as limitless?
10. What would your life look like if you believed in your ability to change and grow beyond your past?
11. How do you respond when you feel pulled back into your old story or narrative?
12. How can you embrace the idea that your future is not bound by the past, and you have the power to create a new story?
13. How do you feel when you step away from the storyline of "who you are supposed to be" and just focus on "who you are now"?
14. What is the difference between a story you've told yourself to protect you and one that is limiting your growth?
15. How would you like to define yourself moving forward, and what steps can you take to start telling a new story?