

## **Journal Prompts for Starting Over**

### **Reflecting on Fears Associated with Starting Over**

1. What specific fears come up for me when I think about starting over? Are there any particular scenarios or outcomes that I'm worried about?
2. How do I envision these fears impacting my ability to move forward? What might I be avoiding or hesitating to do because of them?
3. What have I experienced in the past that has contributed to these fears? Are there patterns or beliefs from my history that I might be projecting onto this new chapter?
4. How can I reframe these fears? What would it look like to view them as normal parts of the process rather than roadblocks?
5. What would happen if I allowed myself to take one small step despite my fear? What could I gain from challenging these fears in a safe, manageable way?

### **Reflecting on the Past and Present**

6. What lessons have I learned from my past experiences that can guide me as I start over?
7. When I think about starting over, what positive changes or new opportunities come to mind?
8. How have I grown or changed as a person in the past year? How can I bring these lessons with me as I move forward?
9. What parts of my past would I like to leave behind, and what would I like to carry with me into this new chapter?
10. What strengths or skills do I have that will help me navigate this new beginning?

### **Exploring New Possibilities**

11. What does starting over mean to me personally? How do I define this new chapter in my life?
12. What are the things that excite me about this new beginning? How can I embrace these opportunities fully?
13. What possibilities does this fresh start offer that weren't available to me before?
14. If there were no limitations, what would my ideal life look like in this new chapter? How can I take small steps to move in that direction?
15. What values do I want to honor as I create this new phase of my life?

### **Building a New Vision**

16. How do I want to feel in the next chapter of my life? What emotions do I want to cultivate as I start over?
17. What would success look like to me in this new beginning? How can I measure my progress along the way?

18. How can I create a vision for my future that feels exciting and motivating? What steps can I take today to start working toward that vision?
19. What new goals or aspirations do I want to set for myself as I begin this next chapter?
20. What's one thing I can do today to move closer to the future I envision for myself?

### **Embracing Change and Growth**

21. What parts of myself do I want to explore or develop as I start over? How can I allow myself the freedom to grow and evolve?
22. How can I embrace change with an open heart and mind, allowing new experiences to shape me?
23. What small habits or practices can I introduce into my daily life that will help me feel more aligned with my new path?
24. What kind of person do I want to be as I move forward? How can I embody those qualities each day?
25. How can I celebrate the small wins along the way, even when the bigger picture is still coming into focus?

### **Finding Support and Connection**

26. Who or what can support me in this new chapter of my life? How can I lean on my support system during this transition?
27. What relationships or connections do I want to nurture as I start over? How can I build a community of people who inspire and uplift me?
28. How can I build trust in myself as I navigate this new beginning? What are some ways to remind myself that I am capable of adapting to change?
29. What resources or tools can I seek out to help me build the life I want to create? (e.g., books, mentors, courses)
30. How can I be kinder and more compassionate toward myself as I navigate this new phase?

### **Releasing the Old and Welcoming the New**

31. What do I need to let go of in order to fully embrace this new chapter? How can I release attachments to the past that no longer serve me?
32. What fears or doubts might I still be holding onto, and how can I begin to shift my mindset to welcome the unknown?
33. What practices can I introduce to help me stay grounded as I move forward? (e.g., mindfulness, journaling, meditation)
34. How can I shift my perspective on challenges that may arise, seeing them as opportunities to learn and grow?
35. What does it mean to me to fully embrace starting over? How can I honor this new beginning with courage and an open heart?