

JOURNAL PROMPTS

HEALING THROUGH REFLECTION

Separation is more than a legal process—it's an emotional one. Whether the decision was yours, theirs, or mutual, this kind of change can stir up grief, fear, anger, confusion, and even moments of relief or hope. It's a lot to carry.

This journal is here to hold space for all of it. Inside, you'll find 100 guided prompts to help you explore your thoughts, emotions, boundaries, values, and future vision. There's no right or wrong way to use these. You might answer one per day, flick to a random question, or work through a section that speaks to where you are now.

You don't need to have it all figured out. You just need to start where you are.

Use this time not just to reflect—but to reconnect with yourself.

Let's begin.



Grief + Letting Go

1. What am I grieving right now?
2. What do I miss that surprises me?
3. What do I not miss at all?
4. What part of the past do I find hardest to let go of?
5. What have I learned about love from this experience?
6. What do I feel guilty about?
7. What do I forgive myself for?
8. What do I wish I could say, just to get it out?
9. What would it feel like to release this anger/sadness/fear?
10. Who or what has helped me feel supported?
11. What have I let go of already that felt impossible at first?
12. What helps me process big feelings?
13. How do I talk to myself when I'm struggling?
14. What pain am I carrying that doesn't belong to me?
15. What part of my story do I want to rewrite?
16. When was the last time I truly felt at peace?
17. What does closure look like to me?
18. What does healing feel like in my body?
19. What permission do I need to give myself?
20. What does it mean to grieve with grace?



Identity & Self-Worth

1. Who am I becoming
2. What did I lose in this relationship?
3. What did I gain?
4. What do I love about who I am now?
5. What brings me joy?
6. What lights me up creatively or emotionally?
7. What does it mean to be "enough"?
8. What are three compliments I would give myself today?
9. What am I proud of, big or small?
10. What did I forget about myself that I'm now remembering?
11. What does self-trust mean to me?
12. When do I feel most confident?
13. What do I value most now?
14. How do I define success in this season?
15. What new role am I learning to step into?
16. What is something brave I have done lately?
17. What makes me feel powerful?
18. What does my inner voice say when I listen closely?
19. What story about myself am I ready to let go of?
20. What do I want to believe about myself?



Boundaries & Growth

1. Where am I saying yes when I want to say no?
2. What boundary do I want to set, and why?
3. What fears come up when I set boundaries?
4. How do I know when someone is crossing a line?
5. What boundary has helped me feel safer?
6. What do I need more of? Less of?
7. Where do I tend to people-please?
8. What is my responsibility, and what isn't?
9. What does emotional safety mean to me?
10. What kind of support do I actually need right now?
11. Who drains my energy? Who restores it?
12. What helps me ground myself when triggered?
13. What do I want to model for my children or future self?
14. What part of growth feels exciting?
15. What feels hard but worth doing?
16. What is one boundary I can practise today?
17. How can I honour my time and energy this week?
18. What would I do differently if I trusted myself more?
19. What lessons keep repeating themselves?
20. What does emotional maturity look like to me?



Parenting through Change

1. What am I proud of as a parent right now?
2. What do my kids need most from me?
3. What do I want my children to feel in our home?
4. What have my children taught me through this process?
5. What emotions am I modelling to them?
6. How can I regulate myself before responding to my co-parent?
7. What helps me stay child-focused when it's hard?
8. How do I want my children to describe me in 10 years?
9. What family traditions or rituals do I want to keep?
10. What helps me reconnect with my kids after conflict?
11. How do I want to show up during changeovers?
12. What is something I'm doing well as a co-parent?
13. How do I want to communicate differently with my co-parent?
14. What would it mean to release resentment for the sake of my kids?
15. What version of me do my children need?
16. What would help make our home feel calmer?
17. What parenting value matters most to me now?
18. What stories about the other parent do I want to protect my kids from?
19. What does being a peaceful parent mean to me?
20. How can I care for myself so I can care for them?



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