



Emotional Intelligence Journal

Cultivating self-awareness and empathy
by Dr. Jones-Quelch



Themes:

- Self-Awareness
- Empathy
- Emotional Growth
- Mindfulness
- Resilience

This journal is designed to help you explore and develop your emotional intelligence (IE). Through guided prompts and exercises, you'll gain a deeper understanding of your emotions, improve your relationships, and navigate life's challenges with greater ease.

Each section focuses on a key aspect of IE, providing practical tools and insights to support your personal growth. Embrace this journey of self-discovery and become who you were intended to be.

Journaling Prompts

Each entry provides space for reflection on a range of topics:

Emotional patterns

Somatic awareness

Mental narratives and thought loops

Generational and ancestral inheritance

Identity, self-image, and worth

Spiritual awareness and intuition

Energetic boundaries and power dynamics

Healing and integration

Desire, longing, and personal calling

Additional Features (Non Included)

- **Affirmations:** Daily affirmations to cultivate a positive mindset.
- **Inspirational Quotes:** Quotes from leading experts on emotional intelligence.
- **Mindfulness Exercises:** Simple exercises to promote present moment awareness.
- **Gratitude Log:** A space to record things you are grateful for each day.

Next Steps

These aren't just prompts.

They're **emotional intelligence activators**, designed to transmute confusion into clarity and self-doubt into sovereignty.

Use one a day, one a week, or all in one sitting—whatever your soul needs.

Because the most powerful answers... are already inside you.

Remember, this is a journey, not a race. Embrace the process and celebrate your progress along the way.

20 Journal Prompts to Meet Your Inner Questions with Power

Because every “how to fix this” is really a “how to find me.”

This journal is your mirror, your map, your microphone. Use it to bypass noise and return to your knowing.

SECTION 1: WHAT WERE YOU REALLY SEARCHING FOR?

1. **What was I truly looking for the last time I Googled “_____”?**
Go beneath the surface. What fear, desire, or ache was hiding inside the question?
2. **What question am I finally ready to stop asking—and start answering for myself?**
This is the shift from seeker to sovereign.
3. **If I trusted myself fully, what would I stop Googling—and start doing?**
Get bold. Your next move isn’t online—it’s internal.
4. **What emotion lives under the search I just typed—but haven’t said out loud?**
Anxiety? Shame? Hope? Let it be seen.
5. **What part of me is asking for attention right now—my body, my heart, or my beliefs?**
Feel where the discomfort lives. Let that part speak without censoring.

SECTION 2: FROM SYMPTOM TO SIGNAL

1. **What symptom or situation have I been trying to silence instead of understand?**
Not a flaw. Not a failure. Just a message waiting for your interpretation.
2. **What is this discomfort trying to *show me*, not just slow me?**
Instead of rushing to fix—get curious.
3. **What is my body whispering that I keep ignoring?**
Write it out as if your body were speaking directly to you.
4. **What does my nervous system need more of right now?**
Safety isn’t a luxury. It’s your foundation.
5. **What does my body need from me today that I’ve been neglecting?**
Hydration? Rest? Movement? Stillness? Validation?

SECTION 3: EMOTIONAL INHERITANCE & INNER RECLAMATION

1. **What belief or behavior did I inherit that no longer fits the woman I’m becoming?**
You’re allowed to outgrow what kept your ancestors safe.
2. **What emotional pattern am I ready to break in my lineage?**
Not to shame it—but to transform it.
3. **Where am I outsourcing my power in hopes someone else has the answer?**
Get honest. Who or what have you made your authority?
4. **What am I afraid will happen if I slow down and actually feel what’s going on inside me?**
Let the fear be a flashlight, not a barrier.
5. **What’s the story I’ve been telling myself that no longer serves me?**
Rewrite it. In ink and in action.

SECTION 4: FROM INFORMATION TO INNER KNOWING

1. **What would happen if I didn't try to fix this—just *felt* it?**
Let it rise. Let it teach.
2. **What truth have I been tiptoeing around because it might change everything?**
Spoiler: It probably will. And that's okay.
3. **What does my intuition say—before the overthinking kicks in?**
Write the first thing that comes up. No edits. No filters.
4. **Where in my life am I glowing for others but burning out inside?**
You can't keep pouring while your own flame dims.
5. **What am I finally ready to *embody*—not just research, plan, or perfect?**
You don't need another search result. You need a sacred decision.



