



BEFRIENDING OURSELVES

**JOURNALING
PROMPTS**

SET 1

AWARENESS

What helps me use time alone well to really listen to myself?

What obstacles do I have to creating space to "be alone well"?



EXPERIENCE

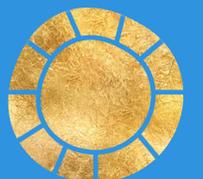
What do I genuinely like about who I am right now?

What do I have some self-doubt around?



REFLECTION

What am I honestly proud of myself for this week?



IMAGINATION

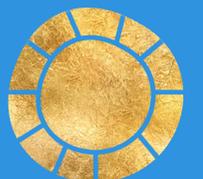
What would the movie of my week look like if I slowed down to do a ritual of kindness for myself each day?



ACTION

Stand in front of a mirror at about a 12" distance. Hold eye contact with yourself for one minute simply asking, "How are you?"

What do your eyes tell you about how you're doing?



BONUS!

AUTHENTICITY

Who is the most authentic person you've known?

Where is it easiest and hardest to show up for yourself authentically in current relationships/spaces?



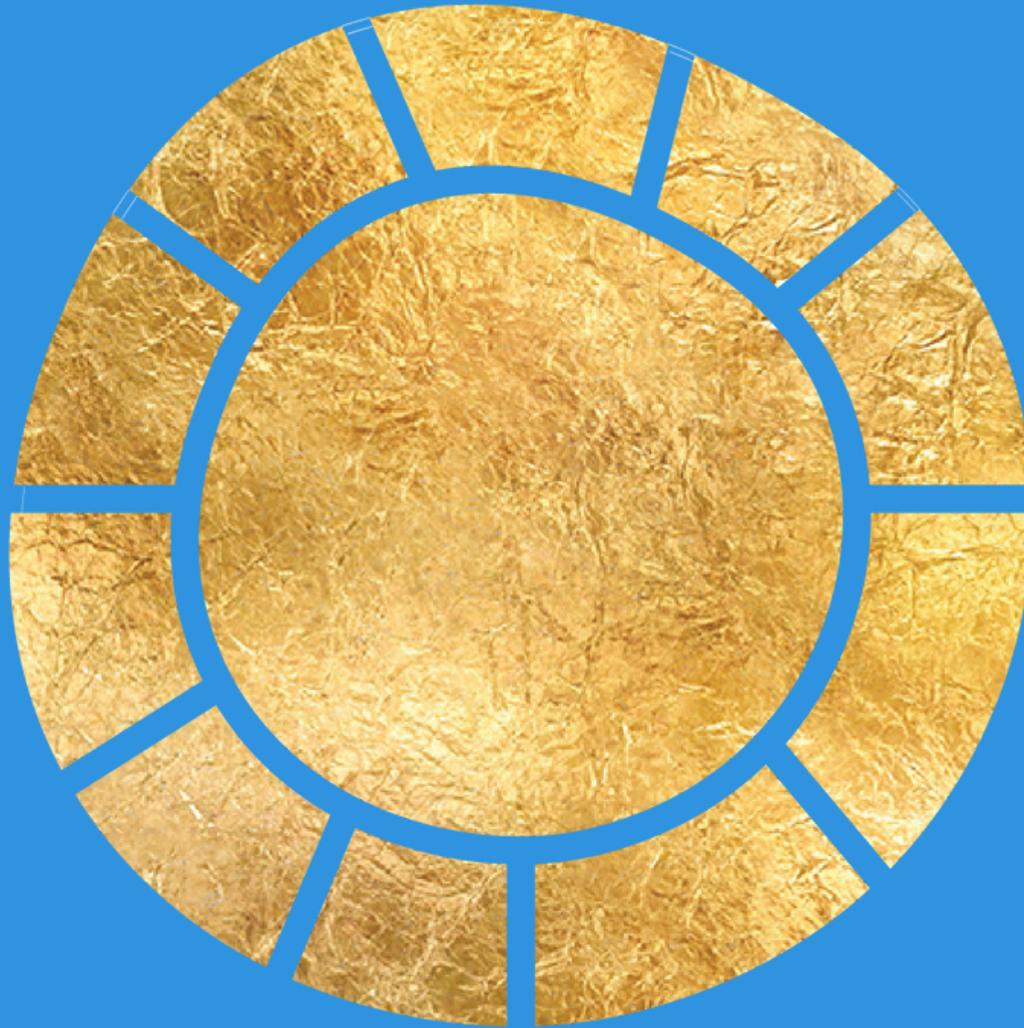
BONUS!

VULNERABILITY

Who in your life is comfortable with being vulnerable in ways you admire?

What is your process for safely practicing vulnerability with people?





You belong here.

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