



Journal Prompts

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Introduction

My first introduction to journaling was in fourth grade. I remember and still have that first journal that was light pink with a picture of a Precious Moments girl on the front. My journal style back then was definitely the “Dear Diary” type where I wrote about boys and friends and all the challenges a fourth grader who just moved to a new school would go through.

Over the years my journal has always been there for me. Some years I found myself more active in it than others. It has always been my go when I find myself in confusion, hurt, or challenging times. It was my safe space to release on paper what my head and heart were feeling but maybe I didn’t want to share with anyone else. It helped me bring clarity and to feel lighter by getting everything out on paper.

Over time my journaling style has evolved into working more diligently with journal prompts. I found that the journal prompts helped me dig a little deeper into what was going on beneath the surface of situations and feelings I experienced. It brought constant new insights into who I am on a deeper level, what I really want out of life, and realizations around certain patterns that would show up throughout my life.

This handout is packed with 20 journal prompts to get you started whether you are looking to find some clarity around challenges in your life or if you are ready to elevate areas of your life.

There are four guidelines I suggest for journal writing.

- 1) Date your entries
- 2) Set your timer for 5-10 minutes
- 3) Keep your pen to paper and don’t stop writing until the timer is complete. This helps to keep you from overthinking and just allowing the stream of consciousness to flow.
- 4) Pick one for the day and whatever prompt you feel inspired to work with. You don’t have to go in order.

I hope you find as much clarity and benefits as I have through journaling. Have fun!

Keep Shining & Aligning,

Laura



Journal Prompts

What would I like to give myself permission to do or feel today?

What does total fulfillment look and feel like for me?

What are 3 accomplishments that I am really proud of?

What do I struggle to accept about myself?

What could be possible if I accepted these things?

What would it look like to accept these things about myself?

When do I feel the most successful?

Like I am in the right place, doing exactly what I'm supposed to be doing?

In the next year, I really want to...

The thing that I'm most afraid to tell people is...

The thing that I'm most thankful for is...

If I were granted an extra hour each day, and all basic needs (i.e., sleep) were met, how would I spend it?

If I was guaranteed unlimited time and money, with the only condition being that I pursue my dream career, what would I do?

What did I enjoy doing as a child?

What activities light me up, energize me, make me feel stronger, better, or more inspired?

What relationship(s) would I like to enhance?
What are some possible first steps?

A silver lining in a not-so-good situation that happened recently is...

What distractions am I allowing into my days?

How can I start to minimize them?

If I could be a go-to person for anything, it would be...

What are you tolerating/putting up with?

What are you gaining by tolerating/putting up with this?

What's one change you could make that would bring you more
peace/calm/inspiration/clarity/etc here?

What would you like more of in your life?

What would you like less of in your life?

When people first meet me, I hope they feel...