



Journaling Prompts

1. Have you given yourself permission to dream? If not do it right now! Make a dream list. Fantasize!
2. What is so sacred to you that it is non-negotiable?
3. What is a limiting belief you have that you know is holding you back? What would it feel like/be like if you could break free?
4. Make a list of 50 ways to make money now.
5. This week my soul is yearning for...
6. When was the last time you succeeded at something that was really difficult and scary? How did you do it? How can you apply those lessons to what you have going on right now?
7. Make a list of 100 things you love to do.
8. What is one unfulfilling task you can let go or delegate today?
9. What permission do you need to give yourself today?
10. Where in your life are you playing small?
11. Make a list of 25 things that light you up.
12. What project are you resisting from going deeply into? Why?
13. Who would you love to hear from today? What would you want them to say to you?
14. Make a list of all your strengths.
15. Make a list of your weaknesses. How can you turn them into positives?
16. What do you want to say yes to?
17. If you could not fail, what would you do?
18. What can you help the world with?

19. Are you focused on today, tomorrow or the present?
20. List 5 adventures you want to have this year.
21. What luxurious moments are you going to create for yourself this week?
22. What do you need to let go of and forgive?
23. What is your biggest fear? How does it hold you back? How can you take your power back from it?
24. What or who keeps you going each day?
25. What can you do this week that is very meaningful (to you or someone else?)
26. Close your eyes and listen to your body? What part of your body is seeking attention? What is it telling you?
27. What are you most excited about your life right now?
28. What are you avoiding?
29. Today I show my gratitude by...
30. If you could have a new talent, what would it be and why?