

# Journaling prompts to enhance your daily practice

These questions will help you grow in confidence, build your resilience, get some clarity, improve creativity and transform your mindset. How exciting is that?

My passion is to support you so you feel more energised, motivated and empowered.

Whether journaling is new to you, or you already have used this powerful tool before, these questions are designed ultimately to benefit your daily practice.

To fully appreciate how to journal I recommend you listen to the journaling training over in my Facebook group, so you can start to create the best possible daily journaling experience, tailored absolutely for you and by you.

With love and hugs,

Love, Sarah xx



# It starts with you...



- What are you resisting right now?
- How do you feel right now?
- What kind words/phrases do you need right now?
- What do you need right now?
- What can you do to stay in your lane?
- What do you need to notice, and make space for?
- What one thing could you do that would make you smile?
- What 10 self-care acts could you incorporate into your week?
- What are you grateful for right now?
- What do you truly want?
- What stops you from being visible?
- What flavour of ice cream would you be and why?
- Why do you do what you do?
- If nothing was in your way, what does your day/week look like?
- What does staying in alignment and flow feel and look like to you?
- On a scale of 1-10 how do you feel today? I feel this way because.....
- How do people you know describe you?
- What colour best describes your personality and why?

# Start of your day



- What are the benefits of a good morning routine?
- Where could you improve your morning routine?
- How does your morning routine make you feel?
- Where in your body do you feel better after your morning routine?
- How are you going to feel connected to yourself and others today?
- How are you going to flip into flow today?
- What 3 tasks have you got lined up for today?
- Are you tuning in to the correct frequency to have your best day?
- What is your intention for today?
- What three ways can you honour your creativity today?
- What could you do today to make it even more enjoyable?
- What can you let go of today that is trying to control you?
- Today I am grateful for
- Today my top project is.....
- What is it you want to hear today?
- What do you need to thank your body for today?
- In what ways is abundance flowing right now?
- What does your body need right now?

# How are you showing up?



What is your no.1 go to self-care act?

What makes you stand out in a crowd, and how does this make you feel?

What would life look like if you had no judgement about what others think?

How are you choosing to live your life?

How are you choosing to live and treat yourself?

My limiting beliefs stop me from.....

What steps can you put into place to help you deal with any negative thoughts?

Where are you craving something better in your life, and why?

What simple steps can you put into place to start this?

Where are your actions misaligned with your words?

What reduces your vibe?

What feelings/emotions do you feel when your energy is low?

What emotions/feelings arise when your energy is high?

When your energy is low, what could you do to take care of yourself?

When your energy is high, what could you do differently?

# Core values



What is your no.1 core value and why?

Are you living in alignment with your values? yes/no/maybe

Explain...

What is your work or business values?

What external obstacles are getting in your way of living with your core values?

What internal obstacles are getting in your way of living with your core values?

How could you live more in line with your core values?

When will you know that you are living in line with your core values?

Describe what living in alignment with your cores values looks like. How do you feel?

# Higher version of you



Describe what your higher self looks like.

Draw your higher self.

How do you feel when your mindset is in the higher version of you?

What does your ego look like?

Draw what your ego looks like.

Describe how it makes you feel when ego gets in the way.

What are the consequences of ego getting in the way?

What would your higher self say to your ego/saboteur?

What does self-sabotage mean to you and why?

What are you getting from self-sabotage?

What does the next level of you know for sure?

What is the commitment and decision you choose to make to get you to your next level?

What does your future-self look like?

What could you do today that your future self will thank you for?

# Tapping into soul - Part 1



What is your main purpose in life?

What does your soul crave, and are you receiving it?

What part of your life feels out of balance and needs more time and attention? What specifically was the reason you chose this part of your life first?

What realistic and simple actions can you take to bring some more balance, time and attention to a specific part of your life?

What will you feel, see hear and sense when you do achieve where you want to be?

Do you need support or guidance from anyone to help you with this?

How will you know that you have achieved where you want to be?

What do you stand to lose or gain if you get to where you want to be?

How can you become the expert in one thing?

# Tapping into soul - Part 2



What 3 ways make you feel different from other people?  
How is your uniqueness a gift to you and others?  
How can you be more present in your life?  
How do you see missed opportunities as lessons to grow?  
How are you a positive role model?  
What does the best version of you look like, feel like and show up as?  
How can I open my mind and say yes to life?  
Where in your life is their drama that you could allow some grace in?  
One way your life could be easier is.....  
Life is supporting me by.....  
How can I show the world who I really am?

# Overthinking & unhelpful habits



In what ways do you overthink?

What affect does overthinking have on you?

What one way of being could you change to help reduce your overthinking?

What could you say to yourself when you are overthinking?

What action could you take when you overthink?

How will you feel when you have identified you are overthinking?

What is a habit you would like to change?

List ways in which you could change this habit.

How will you feel when you change this habit?

How will you know that you have changed this habit?

# Confidence and resilience



- What are your daily non-negotiables?
- What one thing would make a massive difference in your life and why?
- If you had a superpower, what would it be and why?
- What stops you from making changes in your life?
- What are you really good at?
- What are you competent at?
- What makes you feel confident?
- What aspects of yourself do you love?
- What one small tweak could you make, that would make a massive difference in your life?
- What one thing can you say NO to?
- How will you feel if you say NO?
- When you are not judging yourself, what is it like to be you?
- What help do you need to ask for?
- Where is life happening for you and not to you?

# Love and kindness - Part 1



Write yourself a love note. Place it somewhere you will find it in the future.

What things/people in your life really touch your heart?

What is it about these people or things that really touch your heart?

How do they nourish your energy?

What happens when you listen to your intuition?

How do you tune into your intuition?

Where does intuition show up in your body?

How can you let love in today?

If you approached your day with love, what would it look like?

What gets in the way of you being more self-compassionate?

What would give you some self-compassion right now?

How are you willing to love yourself?

# Love and kindness – Part 2



How can you express your love today?

What one way is life loving you right now?

What is life teaching you about happiness right now?

How can you nourish yourself today?

How loved am I?

What is your inner knowing telling you today?

What does your heart need today?

One way you could be kinder to yourself is.....

Describe a recent Act of Kindness that you were involved in. How did it feel and what sensations arose in your body?

Describe an Act of Kindness from someone you know or don't know. How did that make you feel and what sensations arose in your body?

If you were to incorporate self-kindness into your day how would you feel and what difference would it make?

# Outside with nature



- How can you connect to nature today?
- What is it about walking along the beach that fills you with joy?
- What is it about walking through the woods that fills you with joy?
- How do you feel when you have been outside in nature?
- What brings you joy when you are outside?
- What happens to your body when you take deliberate breaths outside?
- Describe your favourite place outside.
- How often could you go to your favourite place, and what would the benefits of this be?

# Work

What does your dream job look like?  
What aspects of your work nourish you?  
What aspects of your work drain you?  
How can you improve your current work situation?  
If I could choose, my work would satisfy me by.....  
What one change could you make easily to improve your work/life balance?  
How will you know you have a better work/life balance?

# Other people



- When does the feeling of letting someone down show up for you? What does that look like and feel like?
- Are you letting someone down, or is it just your thoughts getting in your way?
- What does expectation mean to you?
- What are your expectations of yourself?
- What are your expectations of others?
- When do these expectations feel out of alignment?
- What can I do to manage mine and others expectations?
- How would it feel not to justify my actions?
- Who are the energy drainers in your life?
- What ways could you protect yourself kindly and safely from energy-drainers?
- What people in your life make you feel good?
- What is it about these people that make you feel good in life? How do they nourish your energy?
- What do you feel you need to hear from others?
- How do you feel when you have helped somebody?
- Who do you need to forgive today?

# Personal statements & affirmations



My intention for today is .....

I am going to let go of .....

I feel empowered when .....

I am the woman/man who .....

I am at my best when .....

I choose to .....

Write 5 powerful and positive affirmations/statements  
i.e. I am, I love