60 JOURNAL PROMPTS

for self-love, self-discovery
+ a spot of self-coaching

WORKSHEET
THE LAY OF THE LAND.

What’s working in your life?
What’s not working?
What lessons are you currently learning?
What is this challenge a compass for? Where is it pointing?
What would you like MORE of in your life?
What would you like LESS of in your life?
What are you grateful for?
What are you procrastinating on? Why?
How have you been playing small?

YOUR GENIUS.

What do you stand for?
When does your Muse visit?
What do people consistently ask you for advice on?
Best compliment you’ve ever received?
What soulful quotes hit you hard in the chest?
What are your contradictions? (celebrate ‘em!)
What’s your Thing?
What moves you?
What qualities do you want to deepen and further develop?
GOALS. DREAMS. VISIONS. DEEP INQUIRY.

Who are you right now?
Who were you? How have you changed in the past ... years?
What do you secretly yearn for?
What do you believe you deserve?
What are your wildest, deeply sacred, most audacious dreams?
What are your 3 biggest priorities for the coming month/year?
Describe your ideal day. Get specific.
Write a bio for your future self – the person you’re becoming – in the present tense.
The best advice you’ve ever received?
What are 3 things you are currently – and consistently – doing that don’t serve or support you?
What’s your one word intention for today?
What’s your one word theme for the month/year?
Small shots of bliss. Call them out. What are the little things that leave you beaming from the inside out?
And the big stuff?
What massive action can you take right now to move you closer to your dreams?
What are you waiting for?
EMOTIONS + ENERGETICS.

How do you want to feel?
When do you feel vibrant, electric, powerful, most ALIVE?
How can you incorporate more fun and more play into your life?
How can you add more love to the world?
What are your ego’s fearful beliefs?
How do those beliefs hold you back?
What experiences trigger fear for you?
How does fear feel in your body?
What’s the negative story you’ve created about yourself/ your life/ a particular situation?
How does stress emerge in your life? What are the triggers?
How do you compare yourself to others?
What experience has affected you most in life? Pivotal moments. Aha moments.
What could you do to feel more peaceful, calm, at ease?

FILL IN THE BLANKS.

I’m here to cultivate ........................................................................................................................................................................................................
My intention for .............. is to ......................................................................................................................................................................................
The people who bring out the best in me are ......................................................................................................................................................
The people who bring out the worst in me are ..............................................................................................................................................................
I am going to stop blaming ......................................................................................................................................................................................
I love ............................................................................................................................................................................................................................................
What I know for sure is .............................................................................................................................................................................................................
LIST IT.

10 people you admire.

10 goals that you'll tackle by ________________.

10 things you’re going to stop doing.

5 things you’ve done that you never thought you could do.

5 things you want out of a relationship.

5 awesome things about you.