



journal prompts





for visualization

1 - WHAT WILL MAKE ME FEEL HEARTFELT, GENUINE, DEEP JOY? WHAT WILL BRING ME A SENSE OF FULFILLMENT? WHAT DOES THAT LOOK LIKE? WHAT DOES THAT FEEL LIKE? WHY DO I THINK THESE THINGS WILL BRING THE FEELINGS THAT I DESIRE? WHAT WILL I ACHIEVE WHEN I REACH THIS STATE? HOW WILL I FEEL ONCE I HAVE THESE DESIRES?

2 - WRITE "AS IF". ENVISION YOUR PERFECT DAY. A DAY IN WHICH YOU HAVE ALL THAT YOU DESIRE. THE INTERNAL AND EXTERNAL. WRITE A FULL, DETAILED OUTLINE OF YOUR IDEAL DAY, FROM THE MOMENT YOU WAKE UP, TO THE MOMENT YOU FALL ASLEEP. WHAT TIME DO YOU WAKE UP? HOW DO YOU FEEL WHEN YOU GET UP? WHAT IS YOUR MORNING ROUTINE LIKE? HOW DO YOU FEEL GETTING READY FOR THE DAY? HOW DO YOU CARRY YOURSELF IN YOUR CONVERSATIONS THROUGHOUT THE DAY? HOW DO YOU USE YOUR VOICE? WHAT KIND OF FOODS DO YOU EAT? HOW DO YOU SPEND YOUR FREE TIME? WHO ARE YOU SURROUNDED BY? WHAT DO YOUR RELATIONSHIPS LOOK AND FEEL LIKE? WHAT IS YOUR EVENING LIKE? HOW DO YOU FEEL WHEN YOU GO TO BED? REMEMBER: YOU ARE THE BEST VERSION OF YOURSELF. STEP INTO YOUR (FUTURE) SHOES. FEEL HOW IT FEELS TO EXPERIENCE THESE THINGS. TAP INTO THE RAW EMOTIONS. REMEMBER TO WRITE IN THE FIRST PERSON.



for reflection

1 - WHAT HAS HELD ME BACK FROM ACHIEVING MY GOALS? WHAT AM I AFRAID OF EXPERIENCING? HOW DO I THINK MY PEERS WOULD RESPOND TO ME GOING AFTER THESE GOALS? HOW CAPABLE DO I FEEL OF ACHIEVING THESE GOALS? HOW WORTHY AND DESERVING DO I FEEL OF FEELING AUTHENTIC FULFILLMENT AND HAPPINESS? IN WHAT WAYS DO I HOLD MYSELF BACK FROM GOING AFTER THESE DREAMS?

2 - WHAT CHANGES WILL I NEED TO MAKE IN MY DAY TO DAY LIFE TO BEGIN CARVING A PATH TO MY GOALS? WHAT HABITS AND ROUTINES SHOULD I IMPLEMENT? ARE THERE SOME PRACTICES I HAVEN'T TRIED YET BUT FEEL CALLED TO DO SO? HOW DO I FEEL ABOUT IMPLEMENTING THESE CHANGES?

3 - DO I SHOW UP IN THE HIGHEST POSSIBLE EXPRESSION OF MYSELF? WHEN DO I HOLD MYSELF BACK AND NOT LET MY TRUE SELF SHINE? WHY IS THAT? WHEN DID I START POSITIONING MYSELF IN THESE WAYS? WHAT ARE MY FEARS AND BELIEFS REGARDING THE WAY I SHOW UP? WHERE DO THESE FEARS AND BELIEFS STEM FROM? HOW WOULD IT FEEL TO BE LIBERATED OF THESE BELIEFS? WHAT WOULD BE DIFFERENT IN MY LIFE? WHAT STEPS CAN I START TAKING TO MAKE THIS SHIFT?