Journal Prompts

1. What element of myself physically, mentally, emotionally and spiritually is in need of self healing currently?

2. What circumstance occurred to bring me to my current state in need of healing?

3. Am I truly ready to let go of what led me here and move forward into self healing? Be honest with myself

4. Am I willing to place my self healing before anything or anyone else?

   If no, why? What is my fear or hesitation?

5. Am I ready to forgive myself and drop any shame or blame for past actions that may have contributed to my current suffering?

6. Do I feel I know what is truly best for me?

   If no, am I willing to dive deep into myself to uncover that knowledge?

7. What 3 tiny steps can I currently take to move towards healing?

8. What 3 things can I subtract from my life that are no longer serving me or inhibiting my ability to heal?

9. What small gesture or action can I incorporate into my daily routine that will be the most loving towards myself?

10. What can I imagine the result of being more loving towards myself will look like? Internally and Externally?

11. How would my life transform if I placed my self healing as priority?