

Journaling Questions

Date:

HOW DO I REALLY FEEL? WHY? AND I FEEL THIS WAY BECAUSE,... (KEEP GOING DEEPER)

Journaling Questions

Date:

AM I PRACTICING 'SELF LOVE' OR 'SELF LOATHING'?

Journaling Questions

Date:

HOW WOULD I BEST DESCRIBE MYSELF?

Journaling Questions

Date:

HOW DO I WANT TO SPEND MY DAYS?

Journaling Questions

Date:

HOW DO I WANT TO SPEND MY DAYS?

Journaling Questions

Date:

WHAT AM I GRATEFUL FOR?

Journaling Questions

Date:

WHAT AM I LEAVING UNRESOLVED OR UNFINISHED
THAT NEEDS MY ATTENTION?

Journaling Questions

Date:

DO I LIKE WHO I AM?
(DO I MAKE DECISIONS THAT I AM PROUD OF?)

Journaling Questions

Date:

WHAT POSITIVE THINGS COULD I DO TO LIKE MYSELF MORE?

Journaling Questions

Date:

HOW AM I DIMINISHING MYSELF TO MAKE OTHERS
FEEL BETTER?

Journaling Questions

Date:

HOW CAN I BETTER ASSERT MYSELF?
(WHAT CAN I DO TO STAND UP FOR MYSELF?)

Journaling Questions

Date:

HOW AM I CENSORING MYSELF? HOW DO I REALLY THINK OR FEEL BUT DON'T EXPRESS BECAUSE I'M AFRAID? (OR DON'T WANT TO HURT ANYONE?)

Journaling Questions

Date:

HOW CAN I BETTER EXPRESS MY FEELINGS? HOW CAN I REALLY SHOW, TELL, OR WRITE WHAT I FEEL?

Journaling Questions

Date:

WHERE AM I HOLDING BACK FORGIVENESS?
(WHO DO I NEED TO FORGIVE?)



WHAT DO I NEED TO FORGIVE MYSELF FOR?



Journaling Questions

Date:

WHERE AM I MAKING MY LIFE MORE COMPLICATED
OR DIFFICULT THAN IT HAS TO BE?

WHAT CAN I CHANGE OR ELIMINATE TO SIMPLIFY MY
LIFE?

Journaling Questions

Date:

HOW DO I FEEL I'M NOT DESERVING OR WORTHY?
(WHAT NEGATIVE THINGS DO I SAY TO MYSELF?)



HOW DO I FEEL I AM DESERVING OR WORTHY?
(WHAT POSITIVE THINGS DO I SAY TO MYSELF?)



Journaling Questions

Date:

HOW AM I ALLOWING FEAR OF CHANGE TO HOLD ME
BACK FROM GROWTH?

WHAT SMALL STEPPS CAN I TAKE TO WORK THROUGH
THE FEAR?

Journaling Questions

Date:

HOW AM I ALLOWING MY PAST TO HINDERING MY
ABILITY TO LIVE IN THE PRESENT?

HOW CAN I SHOW MYSELF SOME LOVE AND MOVE ON
FROM THE PAST?

Journaling Questions

Date:

WHAT DO I ALLOW TO DISTRACT ME FROM REALLY
LIVING MY DREAM LIFE?

WHAT CAN I DO DIFFERENTLY OR CHANGE SO THAT
DOESN'T HAPPEN?

Journaling Questions

Date:

WHAT IS MY VISION FOR THIS NEXT YEAR?

WHAT ONE THING CAN I DO TODAY TO
MOVE ME IN THAT DIRECTION?

Journaling Questions

Date:

WHAT IS MY VISION FOR THE NEXT FIVE YEARS?

Journaling Questions

Date:

WHAT CAN I START DOING TODAY TO MOVE
TOWARDS THAT GOAL?