

# JOURNAL PROMPTS

## *for inspiration*

Journalling is a great way to evoke mindfulness and self-discovery. It helps clear the clutter that causes overwhelm and can help you map out and reach goals. Use these prompts to garner some inspiration, both from those around you and yourself, but also to help you overcome certain situations.

1. Who are the top 5 people you appreciate most and why?
2. As you focused on others today, what did you see that inspired you? How so?
3. What 5 negative self-talk comments come to your mind most often? Why?
4. How have 3 people inspired you through positive talk and 3 through negative talk?
5. Describe how a group of positive people encouraged you. What did they say and why was it helpful?
6. Share a story of how you overcame self-doubt to meet a goal. Give details.
7. Who inspired you most? Which characteristics had the most profound effect on you?
8. What 5 tips can you give someone who is held back by their fear?
9. Think of when you were sorting through a painful or uncomfortable time and describe how your experience helped to inspire and strengthen you.
10. When you need to see yourself from a different perspective, whose shoes do you step into in order to get an unbiased view? What have they seen that you don't? Give details.

