

Rewrite Your Story

JOURNAL PROMPTS

Journaling is more than just putting pen to paper. It's a way of checking in with yourself, just like you'd check in with your friends. It's a way to iron out the jumbled thoughts that are causing you to be overwhelmed. It's a way to create motivation and inspiration for yourself and your life. It's a way to go inwards and gain more control over your mind.

Daily journaling is such a beautiful and simple act of self-love, and I challenge you to commit to it for the next 28 days.

Now, there are various ways to journal. You might prefer to follow the same broad and simple prompts daily. You might be struggling with a particular part of yourself or your mind, so you want to hone in on a specific area. Or, you might have a mind racing with tons of thoughts and find it most helpful to brain dump.

However you choose to journal, I've got you covered.

Below are my signature daily journaling prompts (under prompts for everyday use), followed by tons of prompts for various occasions, thoughts and feelings.

Be sure to download this document, and then check in with yourself each day and see which you need.

Journal prompt to start you off with a brain dump:

Right now, something on my mind is.... (and then go wild. It doesn't need to make sense. Let your pen lead).

Journal prompts for everyday use:

How do I feel today?

Excited Calm Happy Focused Relieved Sad Angry Tired Stressed Anxious

Today, I'm Grateful for:

- 1.
- 2.
- 3.

What's on my mind today?

What is one thing I can do to make it better?

Today will be a good day if I:

- 1.
- 2.
- 3.

I'm grateful for myself because:

Today, I'm going to show up and be:

A message to myself today is:

Journal prompts for a Monday morning:

What thing/ things do you choose to leave behind from last week?

Set one career-focused intention...

What do you want to achieve in your career this week?

Set one higher self-intention:

What is one way that you will show up as the highest version of yourself?

Set one soul intention:

What is one way that you will commit to feeding your soul this week?

What needs to have happened to get to the end of this week and feel fulfilled?

What are three things you are grateful for right now?

Journal prompts to check in at the end of the day:

How am I feeling today?

What impacted how I am feeling?

What is something that made me feel good?

What is one thing that I would like to improve for tomorrow?

Three things I'm grateful for?

A note to self before bed...

Journaling prompts for a new month:

What went well in.... (previous month)?

What was your most significant learning from... (previous month)?

What do you want to let go of and leave in...(previous month)?

What do you want to call in more of this month?

This month will be good if i...

What is one word that you can use to ground you this month?

Journal prompts for getting honest with yourself:

How are my insecurities getting in the way of my life right now?

How is my ego getting in the way of creating the life I want and having more meaningful connections?

What hard conversations am I avoiding having right now?

What helpful things can I do that will positively impact my self-acceptance journey?

Am I showing up as the person I am or the person people want me to be?

Journal Prompts for the days you're questioning, 'What the fuck am I doing with my life?'

Set your timer for 3 minutes and release with a big brain dump. Use these prompts to get you started:

What are your current fears?

What are your predominant thoughts about your current situation?

Who do you feel like you're letting down?

Where are you feeling stuck?

Now, you need to ground yourself and bring yourself back to the here and now by answering:

What are five things that you are grateful for right now?

What are five things you are proud of yourself for? Nothing is too big or too small.

What are three ways you're holding back or playing small in your life right now?

What is one way that you will show up to life in a more confident, self-assured way?

Journal prompts if you are struggling with your body image:

What is keeping me from loving and appreciating my body?

What internal problem or struggle might you be projecting onto your external body right now?

If I made peace with my body, my life would look like...

List all your body has been through, achieved and overcome.

When have you felt proud of something your body did for you?

List three things that the body part you are most insecure about does for you.

What does your body need right now to feel loved and nurtured?

If you don't love your friends for their bodies, why do you believe your body is the most loveable thing about you?

What is actually the most loveable thing about you?

Journal prompts for the days you feel triggered by somebody else's body...

Why am I feeling triggered by this?

Where are these feelings coming from?

What conditioning do I need to unpick around how our bodies 'should' look?

How must I heal my relationship with myself and my body to ensure another woman's body doesn't trigger me in the future?

Journal Prompts for a Low Mental Health Day

If I could label the overriding emotion I'm experiencing today, it would be:

What might be the cause of me feeling this way?

When have I felt this way before, and how did I begin to let go of it?

What's the minimum I need to do today, and what can I leave for tomorrow?

What's one thing I can honour myself with that brings me peace of mind and calm?

Journaling prompts for if you're overthinking...

What exactly am I overthinking about? (Isolate the exact thoughts that make you anxious and write them down.)

Do I have evidence to back up this thought? Is this a thought your mind has created, or do you have proof?

Do I have evidence that contradicts this thought?

If I were to see the situation as it is, not more than it is, what are the facts of the situation?

Journaling prompts for Imposter syndrome:

What proof do I have that I am capable of this?

If I get genuine with myself, what is my biggest fear?

If that greatest fear came true, what is the worst that could happen?

Why do I deserve this as much as everybody else in the room?

What are three affirmations that I need to remind myself that I belong?

Journaling prompts for self-discovery and healing:

I feel like my most authentic self when...

Three things that my highest self would do that I'm currently not are...

How have I really been feeling lately?

Where am I feeling these emotions physically in my body?

What do I want for myself and my life?

What stops me or holds me back from having these things in my life?

What is one thing that I can start doing to get me to that place?

Journaling prompts for regaining your personal power:

I feel most confident when... (focus on who you are with, what you are wearing, what you are doing, what time of your cycle you are in (if you have one, etc.)

When I feel most content in myself and my life, it looks like...

The things that I have done that make me feel most proud are...

2 things that I have overcome in my life are... and I learned...

When I'm feeling most insecure, my biggest fears are... and I can soothe those fears by...

If I were selling myself on a TV shopping channel, I would say....

Journal prompts for people pleasers:

If I stopped pleasing other people, what would happen?

What do I gain from people pleasing?

How might my life change if I stopped pleasing others and started pleasing myself?

Journal about a recent situation where you people pleased. What happened? How did you feel? How was it received?

Journal how you might have shown up in that situation if you put yourself and your needs first.

Journal prompts for when worrying about what others think.

What is something about you that is often misunderstood?

What is something about you that you wish other people knew/saw more of?

Who knows you the most in the world?

Why do other opinions and thoughts matter to you?

What's the truth about your thoughts and opinions about others?

How different might you live your life if you set yourself free from the fear of judgment from others?

Journal Prompts for Self-Love

What does unconditional love look like for you?

Who/ what in the past has made you feel like you're hard to love?

Picture your 5-year-old self in your mind. What does she need to hear from you to know she is & always has been loved?

If you were to ask your closest people, ' What are some of the loveliest things about me?' what would they say? (If you don't know, text and ask them.)

When you're in a relationship, what are some of the things that make you feel most loved?

How can you practise some of those things with yourself?

Write three self-loving affirmations.

Journal Prompts for self- Confidence.

What is Confidence to you?

When do you feel most confident in yourself? Who, what, where, why, when.

When do you feel least confident in yourself? Who, what, where, why, when.

Describe a time you didn't feel confident about something, but you did it anyway. How did it go? How did you feel after it? How do you feel about doing it again?

What would you do differently if you approached your life with more Confidence? How might it change?

What is stepping in the way of you becoming your most confident self?