

Journal Prompts for Self Discovery



When journaling, don't be afraid to set the mood! Light some candles, brew some tea, get comfy, remember journaling doesn't have to look like complete sentences, it can be drawing, or even scribbling or random words. Let yourself feel guided by what you are feeling and let it out.

Date _____

Who is it that you want to be? & Why? What will you feel when you are her?

What does she look like? Sound like? Feel like? Smell like? How can you channel her now?

How do you feel about your body right now? How would you like to feel about her instead? How can you start channeling that? What would it look like for you to start seeing "her"(your body)? How will you know when you love her? How will you feel?

Remember a time when you truly saw yourself as happy, confident, and full of self love, write all the details about that time that you can remember.
