

# Healing Journal Prompts

- *If I could speak to my pain as if it were a person, what would I say to it?*
- *What am I holding onto that's heavy? What would it feel like to let it go—even a little?*
- *What's something I'm proud of myself for surviving or getting through?*
- *What boundaries can I create to protect my peace during healing?*
- *What would I do differently if I believed I was worthy of healing and happiness?*
- *What does healing look like for me—not what the world expects it to look like?*
- *What is one thing I wish someone would say to me right now?*

# Reset Life

## Journal Prompts

- *What's one thing I keep postponing that I know would improve my life?*
- *What areas of my life feel misaligned or no longer fulfilling?*
- *What relationships or situations are I clinging to out of fear, not love?*
- *How can I create more peace in my daily life, starting small?*
- *When do I feel most disconnected from myself—and why?*
- *What does "starting fresh" mean to me personally—not society's version?*
- *What are 3 small habits I can begin this week to reset my energy?*

# New Morning Journal Prompts

- *What's one word I want to carry with me today?*
- *What's one small thing I can do to feel proud of myself by evening?*
- *What kind of morning would support the life I want to live?*
- *How can I make space for joy, stillness, or peace today?*
- *If I could move through the day slowly and with intention, what would I do differently?*
- *What would a soft, nourishing morning look like for me today?*
- *If I could redesign my routine to match my dream lifestyle, what would I change?*

# Growth Journal Prompts

- *Who am I becoming, and what excites me about her?*
- *What are my strengths that I often overlook?*
- *What kind of woman do I admire — and what qualities does she have?*
- *What's one fear that's holding me back — and what's underneath it?*
- *How do I handle challenges, and how can I grow from the last one I faced?*
- *What's one lesson life keeps teaching me again and again?*
- *What thought patterns or habits no longer serve the woman I'm becoming?*
- *What does "showing up for myself" mean today?*