

# 11 Journal Prompts To Align Your Life



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# 11 Journal Prompts

## To Align Your Life

1. What does my Mind, Body & Soul feel like when they are in a position of agreement?
2. What is in alignment with my life today?
3. What is out of alignment with my life right now?
4. What is 1 thing that I can do today to align my life better?
5. For the next month I will commit to doing \_\_\_\_\_ to improve my health.



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6. What is 1 area of my life that needs the most attention? Why?
7. I can make make healing a priority by doing:\_\_\_\_\_.
8. When I take time for my health I feel\_\_\_\_\_.
9. What are 3 non-negotiable habits that make me feel my best daily?
10. What is my intuition trying to tell me?
11. I can begin each morning in alignment, love and joy by\_\_\_\_\_.

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