

# 50 Journal Prompts To Create a life you Love



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# 50 Journal Prompts To Connect Within & Create Magic In Your Life

## Hello Lovely Souls,

Congrats on being here and showing up for yourself. By taking action and downloading this journal prompt guide you are totally on track to connect with yourself on a deeper level to create BIG breakthroughs. Are you excited?

Journaling is one of the most game changing tools for success when it comes to manifesting your dream life, health habits, and getting really clear on what you want. It allows you to connect with yourself so you can process your emotions in a healthy way, connect with what your body and soul crave as well as processing what you are ready to let go of in your life.

Journaling helps to shift your mindset, find or get crystal clear on your why, create healthy coping strategies, and recognize and celebrate your wins as well as learn from the past. It can also highlight patterns so you can identify how you would intentionally like to respond or reprogram if it is an unhealthy habit that is not serving your highest good.

These empowering questions help you create a clear vision on your road map to success. Know that you can create a life you love and align your life with health habits, a positive mindset, and action steps to manifest all of it. Buy yourself a beautiful Journal and get excited to dig in!

## Ideal Times To Journal

The great news is there is no "right" time or way to journal, the key is to look at your schedule and find a time where you can sit down and write for at least 5 minutes. Consistency is king (or queen), just like any other practice the more you do it the better the results.

You can journal in the morning when you just wake up, it is an excellent way to check in with yourself, and set goals or intentions for your day. If the morning's don't work can you journal before bed? Leave your journal right beside your bed and plan to head to bed 10-15 minutes earlier to set aside time to check in with yourself. **Find a quiet space, maybe light some candles or diffuse uplifting essential oils & create the most aligned year of your life!**

# 50 Journal Prompts To Begin To Transform Your Life

1. Today I am feeling (fill in the blank with your honest thoughts, beliefs, and emotions you are experiencing or feeling). Don't hold back.
2. Today I will show up for my health by (write down one thing that you will do for yourself today to move you closer towards your health, fitness or lifestyle goals).
3. My ideal healthiest happiest version of myself looks and feels like ( write down everything you want to be doing, experiencing feeling in detail). Do you get massages regularly? what foods are you eating? do you exercise? what are your hobbies? do you travel?
4. In the past I have felt the healthiest in my body when (reflect and jot down any time you have felt your best, how did it feel and what where you doing?)
5. Write now on a scale of 1-10 (1 being extremely unhealthy and 10 being super healthy where do you currently land? what can you do to move one step closer to your ideal?)
6. When I am stressed I can cope in a healthy manner by doing (fill in a list of activities you can do and will actually turn to when you notice stress rising in your body).
7. In 5 years from now this is the vision I have for myself (what are you doing, what have you achieved, where are you going, get as specific and clear as possible).

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8. Today I will make my health a priority by doing?

9. Today I can practice being present by?

10. My biggest fear right now is \_\_\_\_\_,  
I can overcome this fear by doing\_\_\_\_\_.

11. My biggest limiting belief or obstacle right now is \_\_\_\_\_  
I can overcome this belief or obstacle by doing or practicing  
\_\_\_\_\_.

12. Write now on a scale of 1-10 (1 being extremely unhappy with my life and 10 being ridiculously happy with my life where do you currently land? what can you do to move one step closer to being more content?):

13. At the end of my life I know I will have had a successful life when/if:

14. This past year I am most proud of:

15. What is one thing that you have learned about yourself this past year?

16. Today I will show my self and body love by:

17. Today I will bring in my joy in my day by:

18. Today I FEEL grateful for (seriously brain dump and feel all of it).

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19. What is the one major thing holding me back from doing what I really want in life right now? I can begin to overcome this by:
20. What playful activities bring me more joy and happiness? How can I schedule or plan more of those things in my week this week?
21. My life feels most aligned when:
22. If money wasn't an issue I would:
23. Write now on a scale of 1-10 (1 being extremely unhappy with my body and 10 being ridiculously happy with my body where do you currently land? What is one thing I can do to feel more content in my body?):
24. This the one health habit that I will add into my lifestyle right now. I will implement this change by:
25. What area of your life did you feel the most challenged this past year (or Month)? Why did you feel challenged? Is there a solution?
26. What are 5 things that improve my self-confidence the most?
27. What is the one thing that you are ready to let go of or release? How can you let go of it today?
28. What part of my body image needs healing? I can work on healing this by:

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29. I shine brightly when I:

30. What area of your life are you currently playing small in? Why?

31. If a magical Genie could grant you 3 wishes what would they be?

32. If you didn't make any changes to your life right now what would happen?

33. How can you add more healing or spirituality into your life (if that feels too woo ask how you can connect with your soul more).

34. What does my ideal relationship with my body, mind and soul look & feel like?

35. Today I will nurture myself by:

36. What void am I filling when I emotionally eat? How can I heal this void without turning to food? (if you don't eat fill in your bad habit or coping mechanism)

37. I can process and feel my emotions by:

38. What is one way I can get out of my comfort zone this month (year)?

39. What is it that you want the most out of your life? If you are not sure yet it's ok work backwards and write what you don't want and find a focus on what you are ready to bring in.

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41. Grab a picture of your younger self, what message does she want to share with you today?
42. What message would your 70 year old version of yourself have for you today? Would she be proud of how you are living your life currently?
43. Write down 3-5 empowering statements about yourself. How do these statements make you feel?
44. What habits are sabotaging my goals right now. How?
45. I can hold myself accountable for achieving my goals by:
46. What does your ideal self look and feels like, envision it and write down everything. What things do you do on a regular basis to feel that way.
47. What do you already have inside of you to help you reach your goals this year?
48. My ideal day looks like: (write down what you do from the moment you wake up until the moment that you go to bed). My ideal work day looks like (write down what you do from the moment you wake up until the moment that you go to bed - be specific).
49. I will celebrate achieving my goals this year by:
50. What are the things that I love most about my life today?

# Affirmation:

I am creating a life I love!  
A life filled with Joy  
& whatever my heart *desires*.

*Love, Pam*