

REFLECTION & JOURNALING PROMPTS

USE THESE PROMPT SETS TO MOVE FROM RAW INSIGHT TO FELT AWARENESS.

SET A: UNCOVERING THE PRESENT STATE

1. THE CURRENT HORIZON

WHAT IS CURRENTLY TAKING UP THE MOST EMOTIONAL OR MENTAL BANDWIDTH IN YOUR LIFE, AND WHAT IS IT TRYING TO TEACH YOU?

2. FRICTION ANALYSIS

WHERE IN YOUR DAILY ROUTINE DO YOU FEEL THE MOST INTERNAL TENSION OR HESITATION? WHAT BOUNDARY, BELIEF, OR HABIT IS MISSING THERE?

3. VALUES CHECK

WHAT ARE 3 CORE STANDARDS YOU HOLD NON-NEGOTIABLE RIGHT NOW, AND HOW ARE THEY REFLECTED IN YOUR CURRENT SCHEDULE?

SET B: REFRAMING & RE-PATTERNING

1. THE NARRATIVE SHIFT

IDENTIFY ONE BELIEF ABOUT YOURSELF THAT FEELS LIMITING. WHERE DID IT COME FROM, AND WHAT IS A GROUNDED, EMPOWERINGLY REALISTIC REFRAME?

2. ENERGY LEAK IDENTIFICATION

WHAT ACTIVITIES, BEHAVIORS, OR INTERACTIONS LEAVE YOU FEELING DEPLETED?
WHAT SMALL BOUNDARY WOULD PROTECT YOUR ENERGY?

3. THE 'ENTHUSIASTIC YES'

WHERE IN YOUR LIFE ARE YOU SAYING "YES" OUT OF OBLIGATION RATHER THAN GENUINE ALIGNMENT? WHAT WOULD AN AUTHENTIC RESPONSE LOOK LIKE?