

7 Essential Journaling Prompts



These seven journaling prompts are deep dives into your hopes and dreams.

Try choosing one that resonates with you today, setting a timer for 10 or so minutes, and writing on the topic without stopping.

When we approach journaling in this way, the good stuff comes out. We will almost always surprise ourselves with what's swimming beneath the surface if we quiet our minds and hang out on the page for a minute.

1. What do I really want?

The power of this prompt lies in its simplicity. Try writing this one in multiple phases, emphasizing a different word each time. **

- *What* do I really want? (a wish list, perhaps)
- What do *I* really want? (and not my partner, boss or mother)
- What do I *really* want? (truly, madly, deeply)
- What do I really *want*? (as opposed to *need*)

Sometimes simply working with “what I **REALLY** want is...” gets us some surprising answers. Ask yourself that one over and over until you unearth something that gives you goosebumps.

2. Where do I need a clean slate?

Sometimes our projects, relationships, homes and even our lives are begging for a fresh start. There is power and optimism in such an undertaking. Try journaling for a bit on where a clean slate might free you up to focus on what really matters. Once you connect with the answers, see which of these other six prompts can help you take the next step.

3. What conversation do I need to have?

You may already know the answer to this. Or you may be putting that truth on the back burner because it's uncomfortable. Nobody likes having difficult talks. But having one could help you make a positive change, eliminate a toxic relationship or ditch a project that's not pulling its weight. Your journal is a safe place to brainstorm the hows and whys of talking this through. You can even practice your conversation "script" in your journal.

4. What am I really afraid of?

Ask yourself this question over and over in your journal until you hit the response that feels like an Ah-ha! Moment. It can really surprise you when you discover that you're not afraid of what you thought you were. Your surface fears are what's holding you back - there's another issue that needs addressing.

5. Am I asking the right question?

It's easy to get hooked into the first question your mind comes up with. But the core of creativity and the height of personal growth is checking in with yourself to see if you're asking the right question at all. You can use this prompt to brainstorm the ways in which asking a different question can lead you down a

new path. You may open up fresh possibilities and a new approach that could work much better.

6. What does this remind me of?

At times we react strongly to a situation, person or idea. Maybe it's a knee-jerk reaction. Maybe it sends you running for the hills. Or going into fight or flight mode. Or keeping score.

Our minds hold onto past experiences to help us make better decisions in the present moment. But our brains aren't always clear about where a danger originated.

Your initial reaction - especially if it feels hot - may be based on an experience that really has nothing to do with the current situation. It's helpful to explore your reactions on the page, asking yourself this question. Does everything really line up here?

7. What can I do next?

It's so easy to get overwhelmed by the constant demands on our attention and the many roles we play in our daily lives. We can get paralyzed by all the needs of others, and the staggering list of To Dos on our plate.

But we can cut through the clutter and focus small. This prompt

helps you focus on where you have control, and what the small next step is. Make it *really* small. Brainstorming in your journal with this question can help you get unstuck and moving forward. Just repeat the exercise as frequently as you need to.



I hope you found these prompts helpful. For 50+ more journaling prompts to get you writing, check out the [Journaling Prompts](#) extravaganza on the Journaling Saves website.

Always feel free to reach out to me with questions or comments! I am here to be of service: k@journalingsaves.com

Light and love on your journey.

Yours in journaling,

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