



Expert
on
Your
Life

Empowerment Coaching

MY JOURNAL *prompts*

Journaling is a safe way to explore your experiences and helps you to let go of anxieties and negative thoughts. Use these prompts and commit to spending 15 minutes a day writing whatever comes into your mind.

- What am I doing right now?
- What am I worried about?
- What triggered this feeling?
- What is something that I would like to achieve?
- What emotions am I holding on to?
- Why am I feeling this way?
- How do the different parts of my body feel?
- What do I know to be true that I didn't know a month/year ago?
- What distractions stop me being productive?
- If my best friend described me, what would they say?
- What brings me joy?
- My bucket list of things I've always wanted to do:
- A place where I felt happiest was...
- What is my greatest fear?
- Is there something that I would change about myself?
- One place I'd like to visit is...
- If I were granted a wish, what would I wish for?
- What superpower would I like to have and how would I use it?