



# Self Reflection Journal Prompts

- What is bothering you?
- How do you want today to go?
- What questions do you have?
- What do you want?
- What are you grateful for?
- Describe your perfect day, 3 years from now.
- Re-write the narrative of what is bothering you.
- Who do you Wanna BE? What qualities do I want to have?
- Think of one person who knows you best or someone you deeply respect. If they were to offer you words of motivation and encouragement. What would you hope they would say to you right now? What do you need to hear?

The Questions below are good to ask when you are feeling intense emotions. Example, right after you got in an argument with your husband, got some bad news, or someone did or said something that is upsetting to you.

1. Write about what happened and everything that's upsetting you about it. Now ask, Is this 100% true? How might the opposite be true. Or how might you be doing or creating the very thing you're upset about in the other person. What IS the truth. Can you find equal amount of reasons why this is not true? Example: my husband is a messy person. Here are all the reasons... (now write out just as many reasons or evidence of why he's NOT a messy person).
2. What could I have done differently? (Now drop the shame and regret, pick up the information gained, lessons learned, walk away, and let it go)
3. How might this be happening FOR you? Imagine you're in a simulation. Example: you're afraid of flying. So in order to work on overcoming your fear, you get on an airplane simulation or put on the VR glasses so that you can practice remaining calm during a flight. If you were just wearing some VR glasses and the goal was to gain some insight, experience, and it was just an opportunity to practice self awareness. How might this be benefiting you?
4. What are you afraid of?
5. What words can you find that would offer you comfort and calm your fears right now?