

Reflection Prompts

Guided Writing for Deeper Clarity

Use these questions to guide your journaling practice.

Print them, keep them nearby, and return to them as often as needed.



10 Reflection Prompts

What version of me am I ready to let go of?

Where in my life am I shrinking or staying silent?

What beliefs about love, success, or rest am I
ready to challenge?

What would my highest self do with what I'm
currently facing?

What am I avoiding — and why?

Where do I need more softness and grace in my
life?

What would change if I stopped seeking
permission?

What do I want to feel more of this month — and
how can I invite it in?

What story am I still telling myself that no longer
serves me?

How can I better protect my peace without guilt?