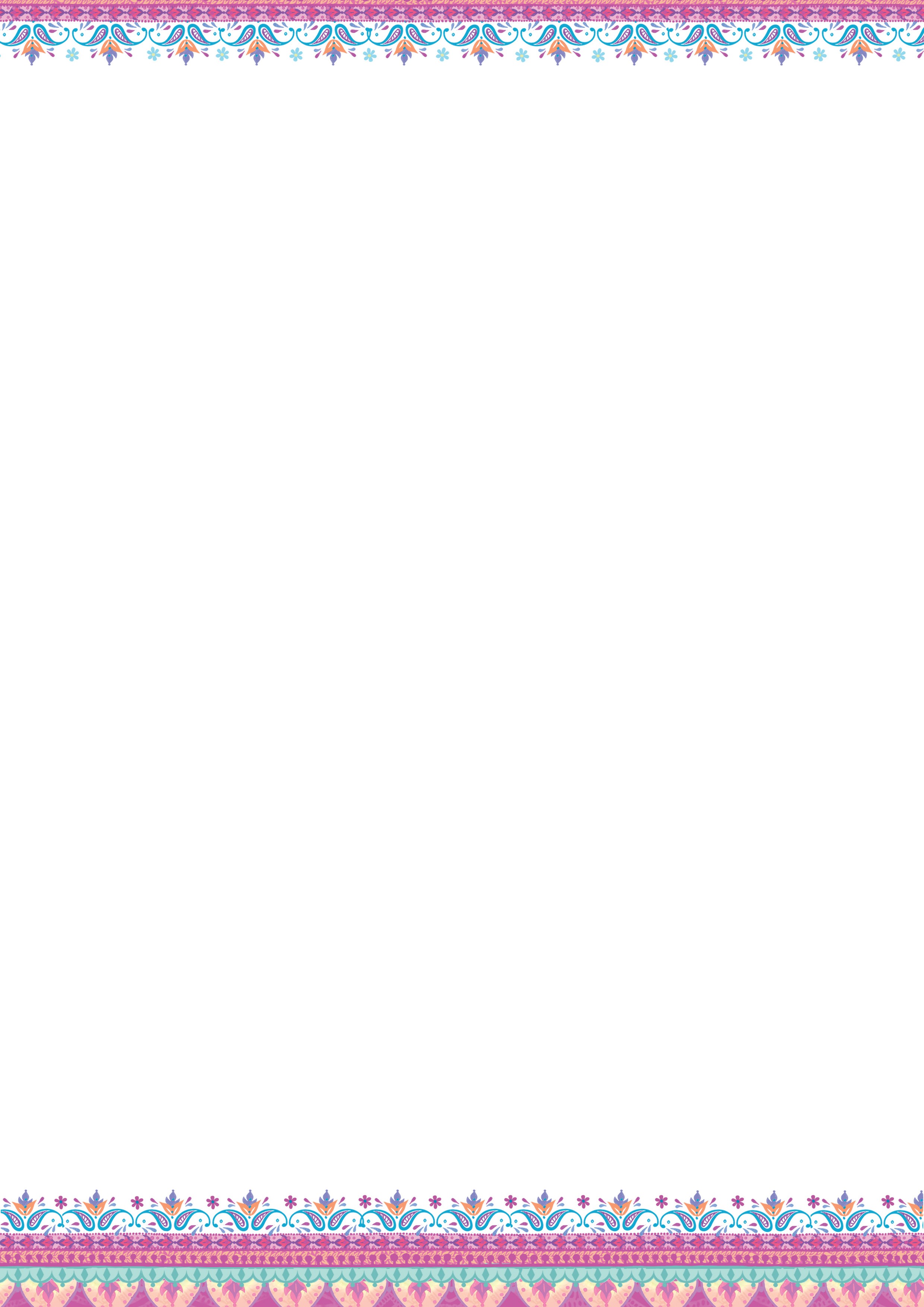
UP-LEVEL YOUR



30 journaling prompts to strengthen your soul



UP-LEVEL YOUR

Journaling is a wonderful way of diving deep to discover yourself.

It helps you unpack all the layers, emotions and thoughts that can build

up in your mind, to bring you a calmer way of life.

Whether you want to make sense of your feelings, deal with challenging times, or simply connect deeper with yourself, let us guide you on a journey of self-discovery with the magical tool of journaling.

We have collected 30 of our favourite journaling prompts to help you go within. So grab a journal and let the adventure begin.

*“There is only one now to create, to dream, to do what you love most”*

Adèle Basheer

# Journaling Prompts for Self Discovery

What brings joy into your life? Write a list of all the things that ftll your happiness cup.

If you could add another string to your bow - talent, skill or ability - what would you choose? Journal the possibilities.

What is your most treasured travel memory? Describe in detail what made this adventure so special?

Who are you most inspired by and why?

What are you most proud of?

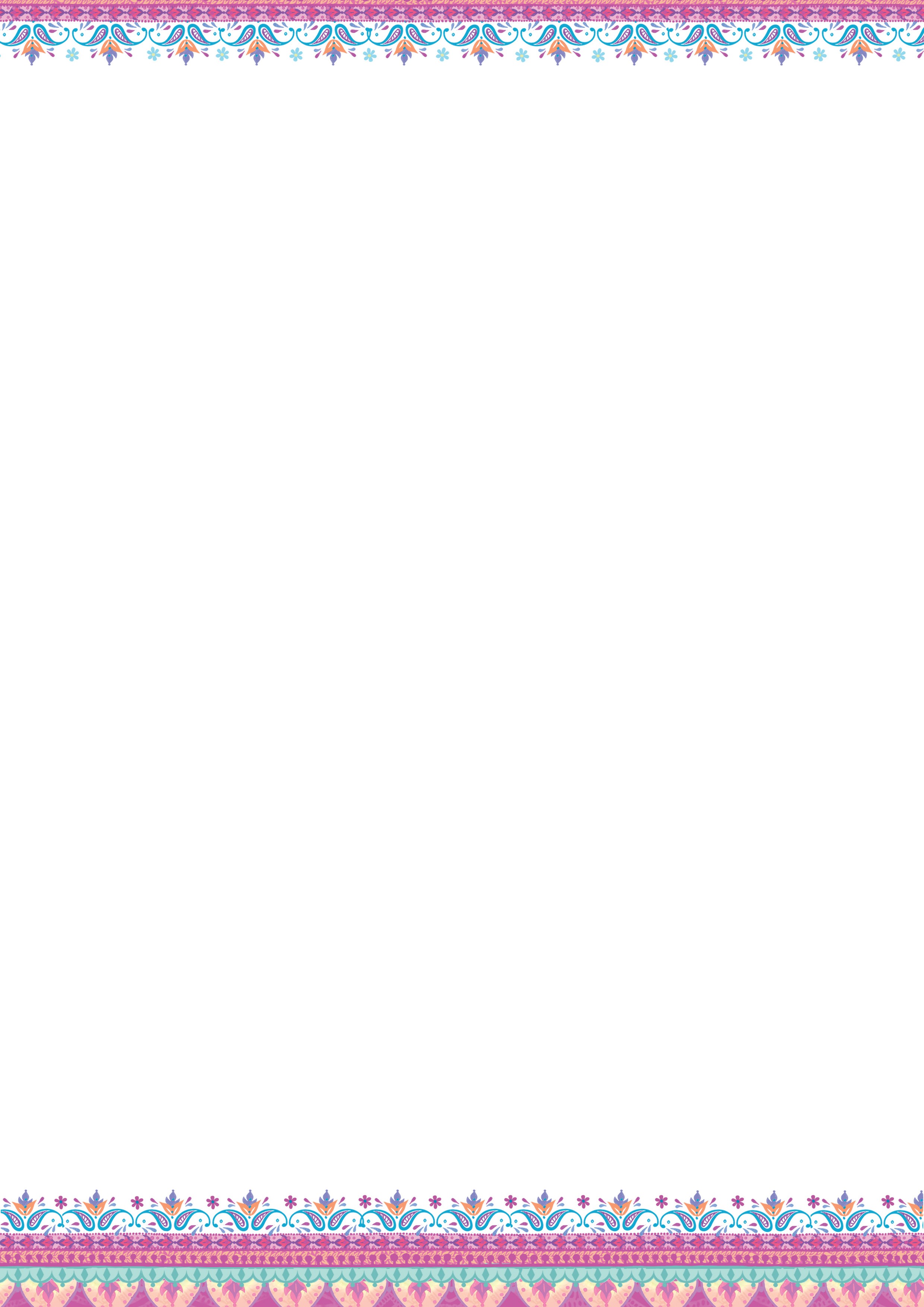
How do you recharge? How have you prioritised time for yourself this week?

Who are you most grateful for today and why?

What are 3 good things that happened this week?

What is something you have always wanted to do, but fear or self-doubt have gotten in the way?

# Journaling Prompts for Goals + Dreams



What does your dream day look like from sunrise to sunset? Write it down in detail.

What activities give you a deep sense of satisfaction and happiness?

What is an area of your life you would like to improve?

Create your very own travel wanderlust list. Where are you itching

to explore?

What is your ideal bedtime ritual? Explore how you want to feel as your head hits the pillow.

What daily habits would you love to implement each day?

What is your biggest learning from this week?

# Journaling Prompts for Confidence + Self Awareness

List all the things you love about yourself, both inside and out. Your goal is to list 20 things... once you hit that, keep going!

Reflect on a challenge you have overcome... What did you learn from this experience?

What are your superpowers? What magic do you bring to those around you?

What is something you need to forgive yourself for? How will you find peace within?

The five things I can’t live without...

Visualise your ideal day, what does it look like, journal your dream day from start to finish. Pick one thing to make a reality.

What will you do to make tomorrow amazing?

# Journaling Prompts for Reflection

What words of wisdom would you say to your teenage-self?

What is one thing you can do right now to make a positive difference in other lives?

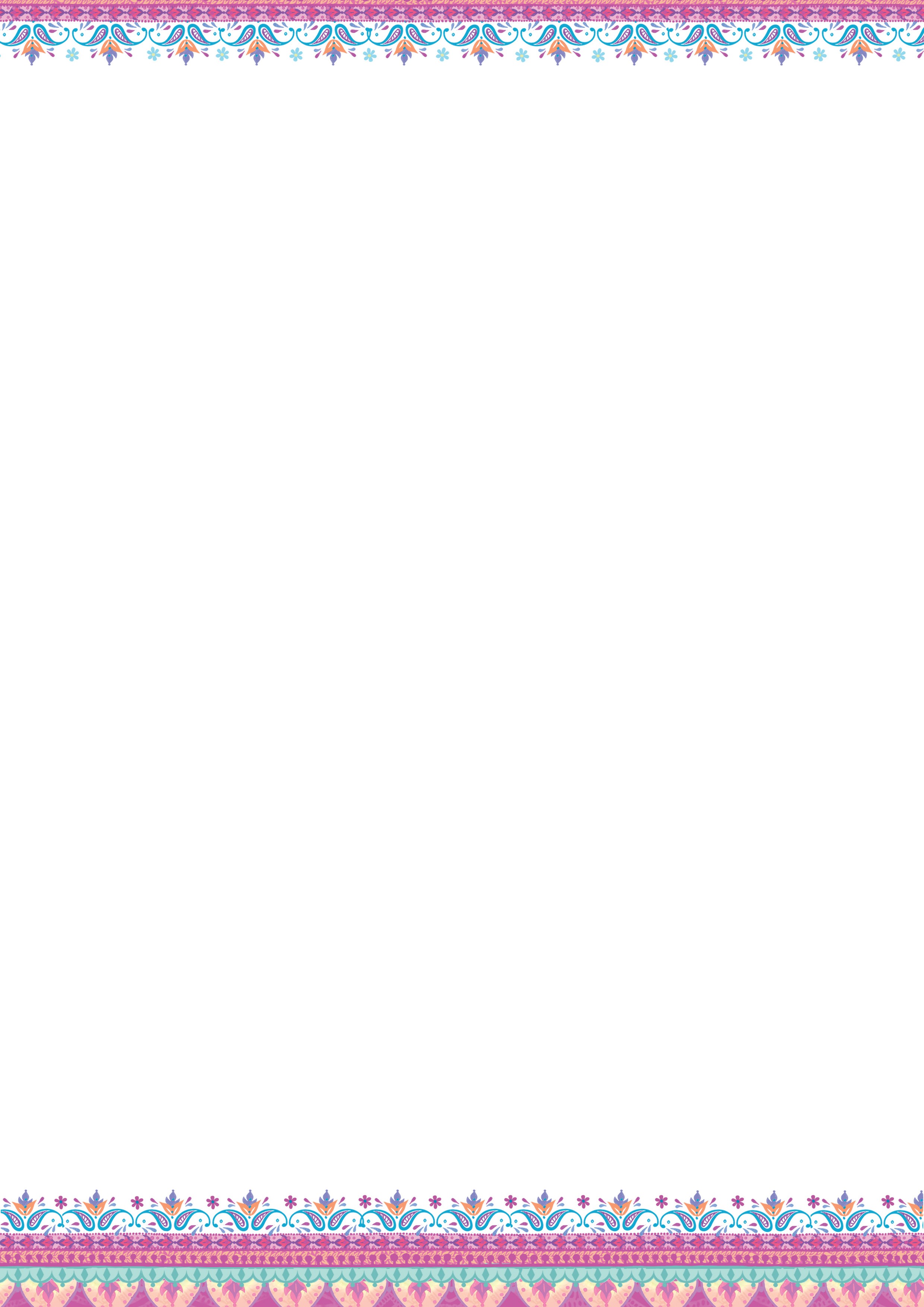
What do you appreciate most about your life right now?

Who has positively impacted your life and how?

What are you really passionate about? What moves and drives you?

Reflect on how you have grown over this journaling journey. What have you learnt about yourself?

How are you going to continue your journaling journey in your daily life moving forward?



Inspire others by sharing your journaling journey and tagging us online

@theintrinsicway #theintrinsicway [www.intrinsiconline.com](http://www.intrinsiconline.com/)

For personal use only. If you’d like to use this tool with your own community, contact us at [hello@intrinsiconline.com](mailto:hello@intrinsiconline.com)

for permission and usage rights.

© Intrinsic Enterprises 2020