

Guided Journal Prompts

A brief journaling session can restore clarity and reconnect you to purpose — especially in the midst of tough days.

Section 1: Grounding Reflection

Use this section to check in and slow down.

What's one word that describes how I feel today?

What contributed most to that feeling — an event, a person, or a pattern?

Did I make space to breathe or pause today, even briefly?

Section 2: Emotional Debrief

Let this section absorb what you don't need to carry.

What emotion did I push aside today that might need acknowledgment now?

If I could safely say one unfiltered thing about my day, it would be:

What's one thing I wish someone had said to me today?

Section 3: Reconnection & Meaning

End with something that gives back to you.

A moment today when I showed up well was:

One small way I made a difference this week:

What is something I want to carry into tomorrow?

✨ **No judgment. No pressure. Just space.**

Use these prompts when you feel untethered, disconnected, or just need a minute.