



Journal Prompts

Here are some lovely ways to expand your thinking and help set you on the path to aligning with your happiness and desires! (Try one or try them all)

1. What do you need to be different right now in your life to be happier?
2. What do you really want?
3. Are you feeling comfortable in your body?
4. If you were fully in your worth what would that look like?
5. Right now as is, are you the kind of partner you'd like to be with?
6. Do you feel loved, supported and nourished in your life?
7. What are you most grateful for?
8. What brings you the most joy?
9. If you could change one thing what would it be?
10. What would allowing yourself to have fun look like?

