

Gain Clarity journal prompts

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| MON | <p>How are you feeling right now? Describe it as fully as you can.</p> <p>When are you at your happiest?</p> <p>Where are you at your happiest?</p> |
| TUE | <p>What do you love talking about effortlessly?</p> <p>If you had 4 more hours in the day, how would you use them?</p> <p>What was your favorite thing to learn about growing up?</p> |
| WED | <p>What is your favorite time of year, why?</p> <p>What was your favorite part about this past month?</p> <p>What felt very out of your control this past month?</p> |
| THU | <p>What are all the little things bothering you right now?</p> <p>What sounds do you find most soothing?</p> <p>Describe your surroundings when you imagine yourself in your most peaceful and calming space</p> |
| FRI | <p>Which part of your life can you show yourself more compassion?</p> <p>Which aspect of your life brings you the most joy?</p> <p>Name one beautiful thing you saw or experienced today.</p> |
| SAT | <p>What is the biggest challenge you have overcome this past year?</p> <p>Describe a situation when you felt fully seen.</p> <p>Reflect on your current life vs what your past self thought your life now would be</p> |
| SUN | <p>Pick one thing you wish you were prioritizing more. Name one thing you can do daily to do that.</p> <p>What would you tell your past self to let go of quicker?</p> <p>Describe yourself using 3 words that do not center around productivity.</p> |