



Journal Prompts To Reconnect To Yourself
(Adapted with gratitude from Karin)

- Make a list of your favorites like your favorite foods, color, designs, activities, etc.
- Make a list of your dislikes like your favorite foods, color, designs, activities, etc.
- What are some things that you enjoyed doing as a child or in the past?
- What are some things that you are good at?
- What are your current political beliefs?
- What are your current spiritual beliefs?
- What are your core values?
- What are some things that help you feel alive?
- What are some things that help you feel peace?
- What are some things that make you feel sad?
- What are things that make you feel stressed or triggered or both?
- Make a bucket list.
- Name some hobbies that you would like to explore/ spend more time with.
- What are some things you would never do again?
- What is your personality/ relationship with money?
- Explore your childhood wounds and/ or traumas. Find patterns that might lead to current thoughts.
- Make a list of things that need to be grieved/ mourned.
- Make a list of your losses
- How do you want to show up as a parent?

- How do you learn the best?
- What are your cycles and/ or patterns in relationships?
- Patterns around other challenges in your life - holidays, housecleaning, parenting, trauma milestones/ dates, etc.
- What are some places that you love to go, where you feel joy, safety, refuge, and/ or peace?
- What are some dreams/ goals/ desires/ wants (both short and long term)?
- What music do you love?
- What television, movies or other media do you enjoy?
- What health issues are you facing? What might be empowering about knowing about health issues?
- What helps me feel recharged and what causes me to feel drained?
- What makes me feel disempowered and what can I do to change those feelings to empowerment?
- What do most people think are my best traits? Maybe ask others to find out.
- What activities can I do today, this week, this month, this year, or in the next 5 years to discover and explore about myself?