



Journal June 2022

WRITING PROMPTS FOR SELF-REFLECTION

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	★ 01	02	★ 03	04	★ 05
06	★ 07	08	09	10	★ 11	12
13	14	★ 15	16	★ 17	18	19
★ 20	21	22	★ 23	24	25	★ 26
27	★ 28	29	★ 30	01	02	03

1. What values do you consider most important in life? How do your daily actions align with those values?
2. Are there changes can you make to live more in line with your personal values?
3. When do you trust yourself most? Ang when do you find it harder to have faith in your instincts?
4. What are you reluctant to write about today?
5. What are three self-defeating thoughts that show up in your self-talk? How can you reframe them?
6. What do you fear most? Have your fears changed throughout life?
7. What about your work feels real, necessary, or important to you?
8. How do you use your personal strengths and abilities at work?
9. What helps you stay focused and motivated when you feel discouraged?
10. List three important goals. How do they match up to your goals from 5 years ago?
11. List three things you'd like to tell a friend, family member, or partner.
12. What do you look forward to most in the future?



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Keeping a journal has no rules, it takes shape as you create it. Simply, your journal is an account of your thoughts, feelings, challenges, joys, hopes - whatever you are experiencing as you write. It is a personal experience, one that can take you on a deep journey of self-reflection and growth.

Ritual is key with finding your voice. Choose specifics like a comfortable, private place to write that you'll curl yourself up in, a warm cup of tea each time you sit down, a specific time of day or night - or use this calendar to plan your Journal June ahead of time - little actions like these will help ease you into the comfort of a journalling ritual, especially if it feels uncomfortable for you at first. Find a ritual that works best for you.

And then, just write. You can write free-form, as if the words are just a stream of consciousness tumbling from your heart to the page, or you can use a variety of prompts, like those above to guide you. Importantly, allow yourself to drop any judgement of what your words should look or sound like. Write as if the words are for you alone, or even never to be read again. This will help you to break down any walls of fear or shame that may be acting as a barrier for you and allow your uncensored, authentic voice to shine.

Gift yourself the time to reflect.