

**JOURNAL PROMPTS TO REFLECT, EMBOLDEN AND INSPIRE  
YOUR PAST, PRESENT AND FUTURE**

Written by Contributing Writer: Alana Eastling

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# *I WAS*

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Every step in my journey has been essential in leading me to who I am today.

What brought me joy as a child? How can I find ways to return to that same joy?

If I could speak with my ancestors, what would I thank them for? What would I ask them?

What pieces of myself would I want to share with them?

How can I practice more compassion for my past self?

What is some advice I'd share with my younger self?

If I were to write a love note to my past self, what would it say?

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*I AM*

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**I hold space for the truths I live today, conscious of my power in connecting to this now.**

If I soften my gaze or close my eyes and take a few deep breaths, how do I feel in this moment?

In this here and now, what am I most grateful for?

What practices help me tap into the present?

What do I believe to be my purpose in this life? Am I in alignment with that purpose?

If not, how could I move towards that alignment?

What is the balance between love, health, work, and play in my life? Is that in alignment with my ideal balance? If not, what can I change to achieve that?

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# *I WILL BE*

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**My intuition and mindful intentions will lead me in my journey  
towards alignment with my highest truth.**

When I think about who I am becoming, how do I feel?

What do I admire most about my future self?

What impact will I have in my community and the world at large?

If I were to write a love note to my future self, what would I say?

Why does my future self deserve me to show up as my best self today?