

JOURNAL PROMPTS TO FOSTER A DEEPER CONNECTION WITH YOURSELF

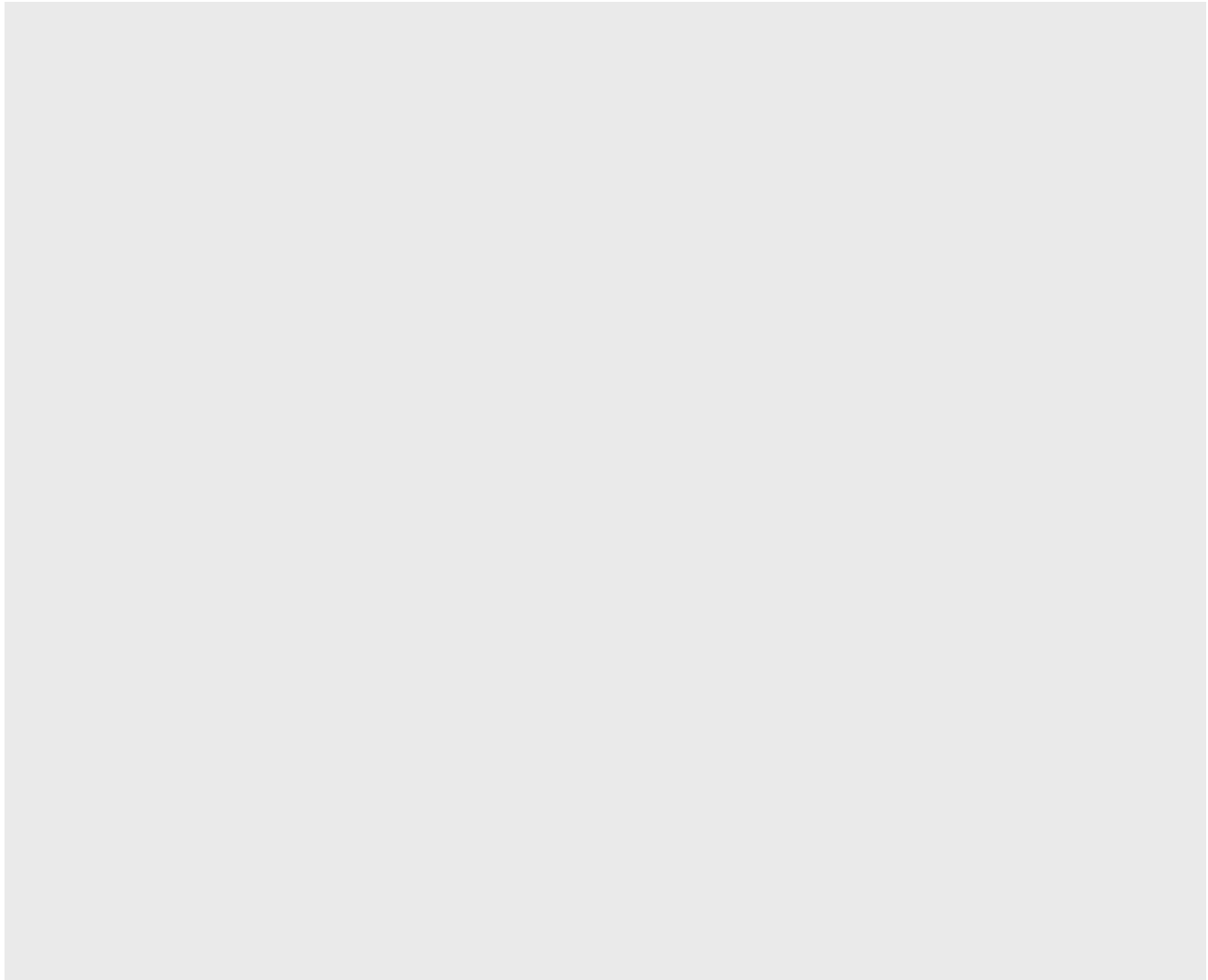
Written by Contributing Writer: Alana Eastling

Gratitude for my
PAST

Every piece of my journey thus far; the hardships and triumphs, each love and each loss, the growth and life lessons, have led me to my present self.

Which moments in my unique life story have been most defining in guiding me to who I am today?

In what ways have I shown up in love for myself that I am most proud of?



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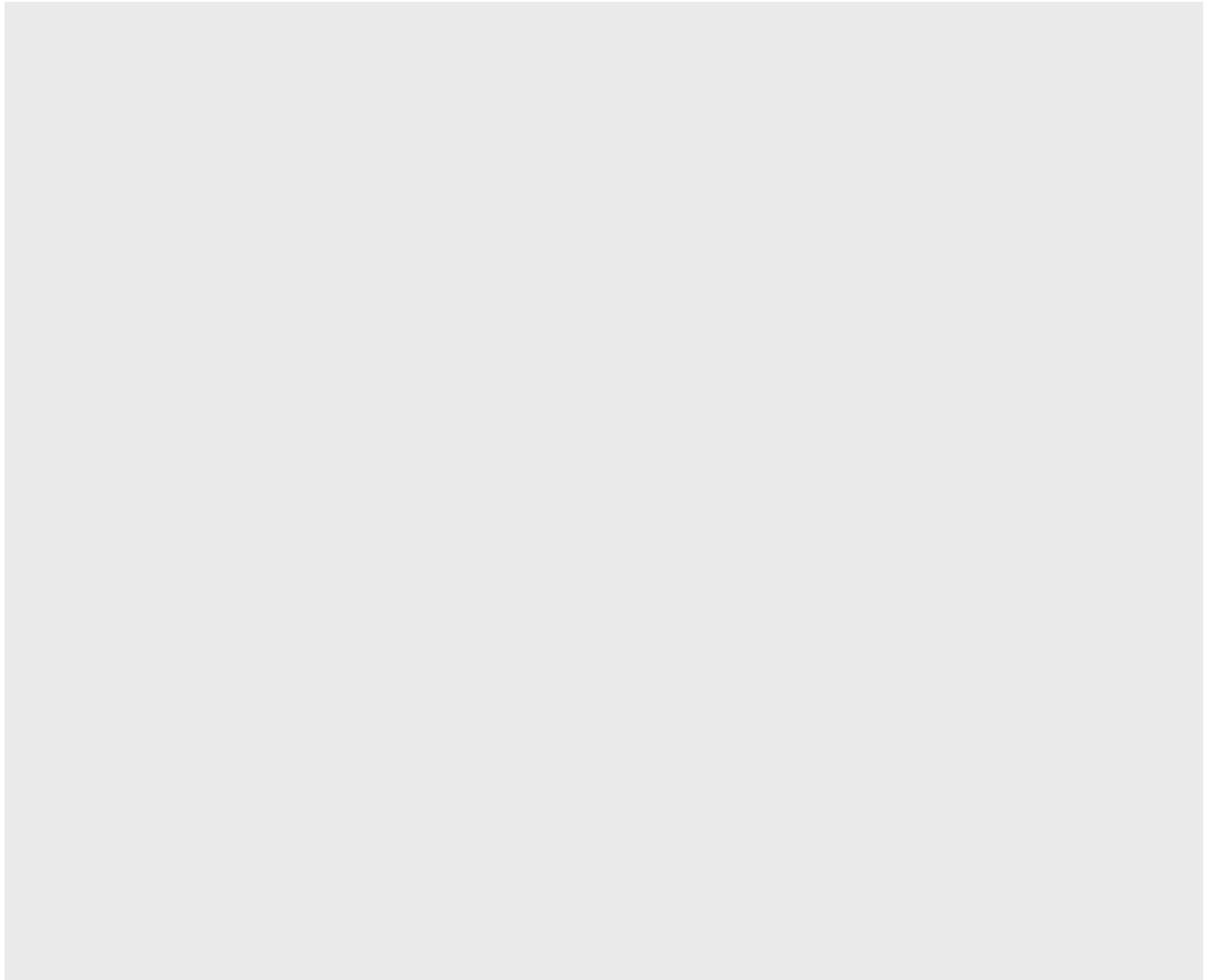
Honesty in my
PRESENT

To look outward towards my future, in refocusing my intentions for growth and self alignment, I will go inward to explore my present truths.

What makes me feel most fulfilled and/or aligned?

What can I let go of that is no longer serving me?

In what ways can I prioritize time for self love and connection?



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Aspiration for my
FUTURE

New beginnings are possible given you decided when and where to start.

When I picture my highest and best self, what do I see? How do I feel?
What am I doing differently?

How can I make intentional steps towards my best self today?
This month? The rest of the year?