

JOURNAL PROMPTS

JOURNAL
PROMPTS TO
HELP YOU
SHIFT YOUR
ENERGY,
CONNECT
WITH YOUR
SOUL AND
FIND THE
ANSWERS
FROM WITHIN



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SOUL INSPIRED THERAPIES

Keeping a journal will change your
life in ways that you'd never
imagine

Oprah Winfrey

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Some benefits of journaling



There are so many benefits to journaling. Once you become comfortable with the

practice and make it a part of your life, journaling can help you with:

- Mental clarity
- A sense of direction
- Access to your intuition
- De-stress
- Connect with your soul
- Calm your mind
- Provide you with answers

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Tips for journaling



The first rule about journaling is that there are absolutely no rules! Journaling is personal and different for everyone. However, here are some tips to help you fall in love with journaling:

- **Make it your own** - whether it's a beautiful notebook, some colourful paper or a boring old notepad - if it speaks to you, use it!
- **Use the prompts as a guide only** - then let your mind and your pen take you wherever it needs to go. Let go and see what comes up. You may find that you begin writing about one thing and end up writing about something completely different, this is totally fine, just go with it!
- **Let go of judgement** - assume that no one will ever see your journal. Don't worry about spelling, grammar, punctuation or whether or not what you are writing makes sense - the more you let go of judgement, the more insight you will gain from the experience
- **Keep it private** - if you know that no one will ever see it, you will be more likely to be completely honest with yourself

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Before you begin

You might like to create a calm environment, where you can really tune in to your thoughts - this will look different for everyone - it might just be a quiet space at home, it may include essential oils, crystals, your favourite music - whatever helps you shift your focus away from the outside world and into your thoughts and feelings.

Once you have identified a prompt that you would like to use, take a few moments before you begin writing - look at the words, then close your eyes and imagine, daydream and tune in to what those words feel like for you - in your body and in your mind, what do they mean for you?

Then, take a few slow deep breaths in and out - you may like to ask for guidance (this may be to God, your higher self, spirit, your intuition - it is different and personal for everyone)

*Tip: If you can't decide on a journal prompt, perhaps read each prompt out loud, then after each one, tune in to your body and notice how you feel - does it calm you? Is it a trigger? What comes up for you when you read it? This might help you decide



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Gratitude Prompts

- Today I am thankful for...
- My life is beautiful because...
- My happiest memory was when...
- Write a thank you letter to yourself
- I am proud of myself because...
- I feel loved and accepted because ...
- What made me smile today? This week? This month?
- Even though my life isn't perfect, it is still beautiful because...
- Write a letter to the most important people in your life, and tell them why you love and appreciate them
(You don't have to actually give them the letter)
- Make a list of things in nature that are beautiful (that you are thankful for)



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Grief

- Write a letter to the person / situation / relationship that you are grieving
- My favourite memory of you is...
- My biggest supports right now are...
- I wish my friends and family would say/do...
- If I could see to you one more time, I would say / do...
- Even though I am grieving, I can still...
- Right now I am feeling...
- It is helpful when people...
- I wish people knew ...
- Today I am really missing ...



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Manifesting

- A day in my perfect life would look like / feel like / involve ...
- If I were free I would ...
- If I knew I would be fully supported, I would....This would look like / feel like / involve ...
- In 12 months from now I want to be doing / feeling / seeing / having ...
- If I had an unlimited amount of money I would do / feel / have ...
- If I knew my life was completely abundant it would look like / feel like ...
- If I had a magic wand, I would...
- My dream life would look like/ feel like ...



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Morning rituals

- Today is going to be beautiful because...
- Today, I set the intention to do / feel
- Today I am going to achieve...
- My life is beautiful because ...
- By the end of today I would like to feel...
- Daily to-do list
- Today I am grateful for...



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Inner Guidance

- What advice would I give to my 8 year old self?
- If my best friend was in the same situation as I am, what advice would I give to them?
- Happiness for me looks like / feels like
- If I were to look back on my life when I am 99 years old, what memories would I like to have? / What advice would I give to myself? / What would I like to be remembered for?
- If my family and friends were to get on a stage and talk about me in 5 years from now, what would I like them to say?



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If you would like some more guidance around journaling, or any of the topics that have been presented in this e-book...please get in touch!

I offer 15 minute consultations free of charge

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