FREE JOURNAL PROMPTS

30 days of *getting to know yourself*

Healing starts with a relationship with yourself. Take one prompt a day. Write for five minutes or fifty. There are no wrong answers. Tick each day off as you go.

- [ ] **Day 1.** What am I feeling right now, and where do I feel it?
- [ ] **Day 2.** What does a good day look like for me?
- [ ] **Day 3.** What am I proud of that no one sees?
- [ ] **Day 4.** What do I need more of this month? Less of?
- [ ] **Day 5.** Who am I when no one needs anything from me?
- [ ] **Day 6.** What did I learn about feelings growing up?
- [ ] **Day 7.** What is a belief about myself I'm ready to question?
- [ ] **Day 8.** When do I feel most like myself?
- [ ] **Day 9.** What drains me? What restores me?
- [ ] **Day 10.** What would I do if I weren't afraid of disappointing anyone?
- [ ] **Day 11.** What is one boundary I need, and why?
- [ ] **Day 12.** What does rest look like for me?
- [ ] **Day 13.** What do I want people to know about me?
- [ ] **Day 14.** What am I still carrying from the past?
- [ ] **Day 15.** What would I tell my younger self?

Tip: if a prompt brings up something heavy, it's okay to stop, breathe and come back later, or bring it to your therapist.

- [ ] **Day 16.** What helps me feel safe?
- [ ] **Day 17.** What am I grateful for in my body today?
- [ ] **Day 18.** Where am I being too hard on myself?
- [ ] **Day 19.** What does love look like when I give it to myself?
- [ ] **Day 20.** What have I survived that I don't give myself credit for?
- [ ] **Day 21.** What do I want to keep from my family and culture? What do I want to leave?
- [ ] **Day 22.** What makes me laugh?
- [ ] **Day 23.** Where do I feel most at peace?
- [ ] **Day 24.** What am I avoiding, and what might happen if I faced it?
- [ ] **Day 25.** Who makes me feel seen?
- [ ] **Day 26.** What is a small promise I can keep to myself this week?
- [ ] **Day 27.** How have I grown this year?
- [ ] **Day 28.** What does healing mean to me?
- [ ] **Day 29.** What do I want my life to feel like a year from now?
- [ ] **Day 30.** What do I know about myself now that I didn't 30 days ago?

After 30 days

What surprised me? What do I want to keep doing?

You don't have to do this alone.
Soul Care offers virtual therapy across Canada, including affordable options. Faith is always welcome in session, and never required.

Find your therapist