



Journaling Prompts for Self-Expression

Dear Soul,

Journaling is a safe and creative way to give voice to your inner world. There are no rules - simply write what comes to you, without judgement. These prompts are here to spark reflection, creativity, and release.

Prompts to Begin With

- Today I feel...
- One thing I am grateful for is...
- When I listen deeply to myself, I hear...
- I feel most alive when...
- A part of me that needs love right now is...

Prompts for Self-Discovery

- What does "home" feel like to me?
- If I could speak to my younger self, I would say...
- I am learning to let go of...
- The strengths I see in myself are...

Prompts for Healing & Hope

- I am proud that I survived...
- A dream I still hold close is...
- I find hope when...
- I am still standing because...

A Gentle Reminder

There is no right or wrong way to journal. Some days you may write a sentence, other days a page. Allow the words to flow as they come. This practice is for you — to honour your truth, your journey, your voice.