

## Journal Prompts: make space for becoming

***I write entirely to find out what I'm thinking --Joan Didion***

1. I've always wished I had the skill or ability to \_\_\_\_\_ because \_\_\_\_\_ (what would be the payout or benefit to your life?).
2. When I consider my life in three years from now, three things that I know for sure I want to be a regular part of my life and that I can likely make happen include \_\_\_\_\_.
3. Who makes me feel shut down, like I need to hide parts of myself in order to fit in or belong, or no longer feels safe to me and why? What keeps me from cutting off this relationship?
4. Something I judge myself for is \_\_\_\_\_. Do I honestly want to change this, or instead do I want to release judgement of myself and just make peace with this part of me?
5. If I regularly had two full days off each week this is how I'd use them: \_\_\_\_\_.
6. In order to walk in greater freedom I would need to declutter \_\_\_\_\_. Explain.
7. If I asked a few people who know me well to share what they perceive to be my greatest strengths I think they'd say \_\_\_\_\_. I agree or disagree because \_\_\_\_\_.
8. A story or belief about myself that I'm ready to release is \_\_\_\_\_. Where did I learn this or when did I start believing this story?
9. This is how I know I'm brave: \_\_\_\_\_.
10. Someone I admire for their character is \_\_\_\_\_. Even if I don't want to be them, I'd love to emulate these qualities they model \_\_\_\_\_.
11. To me, freedom in this season of life looks/sounds/feels like \_\_\_\_\_.
12. Do I live like I believe I have the power to grow and continue becoming or do I tend to behave like I'm stuck/powerless/incapable of growth and change?
13. What could emotional strength look/sound/feel like for me in this season of life? Some concrete examples include \_\_\_\_\_.
14. If I could change one thing about myself and one thing about my life, I'd choose \_\_\_\_\_ and \_\_\_\_\_. Do I have a measure of control over these things – why or why not?
15. "It's good to do uncomfortable things. It's weight training for life," Anne Lamott. What uncomfortable thing(s) do I feel drawn to even if I also feel afraid/worried about my ability to make this happen?
16. I feel at my best in life when \_\_\_\_\_.
17. One of my deepest fears is \_\_\_\_\_.