

CHECK IN WITH YOURSELF



8 Journal Prompts For Self-Reflection

1. What would I do differently if I wasn't afraid?

2. What's holding my back from being my
TRUE self?

3. Where am I putting myself in a box I am not made for?

4. What does my higher self want me to know?

5. What excuses am I telling myself that are coming from a
place of fear?

6. Am I asking myself "Why" enough? Where can I be more
curious and uncover more about myself

7. What am I self-conscious about that I can LOVE to death

8. What do I give myself permission to change?



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