# 30 Reflective Journal Prompts

SIX THEMES FOR HONEST REFLECTION AND SELF-UNDERSTANDING

## Notice your patterns

1. What situation has been draining my attention lately?
2. When do I feel most like myself?
3. What am I avoiding, and what makes it difficult?
4. What do I repeatedly say yes to when I mean no?
5. Which small moment recently surprised me?

## Understand your needs

6. What would I ask for if I did not feel guilty?
7. Where am I confusing being busy with being valuable?
8. What kind of rest actually restores me?
9. What have I needed but not said out loud?
10. What does enough look like for this season of life?

## Revisit old beliefs

11. Whose expectations am I still carrying?
12. Which belief about myself might be outdated?
13. Where did I learn that I must earn my rest?
14. What is one mistake I am ready to learn from?
15. What have I outgrown but keep holding onto?

# Journal Prompts: Part Two

CONTINUE WHEREVER A QUESTION FEELS USEFUL

## Strengthen relationships

16. When do I feel listened to and understood?
17. Which boundary would protect a valued relationship?
18. What conversation deserves more honesty?
19. How do I respond when someone needs something from me?
20. What would mutual support look like right now?

## Make room for change

21. What am I ready to do differently in a small way?
22. What does my next chapter need less of?
23. Which task can I simplify rather than abandon?
24. What would progress look like without perfection?
25. Which fear can I acknowledge without obeying?

## Notice what is working

26. What did I handle better than I realize?
27. Who or what has helped me lately?
28. Which choice reflects the person I want to become?
29. What ordinary moment am I grateful I noticed?
30. What will I remember about this stage of life?

## A LITTLE SPACE TO BEGIN

### My response to one question

A few honest words are enough to start.