

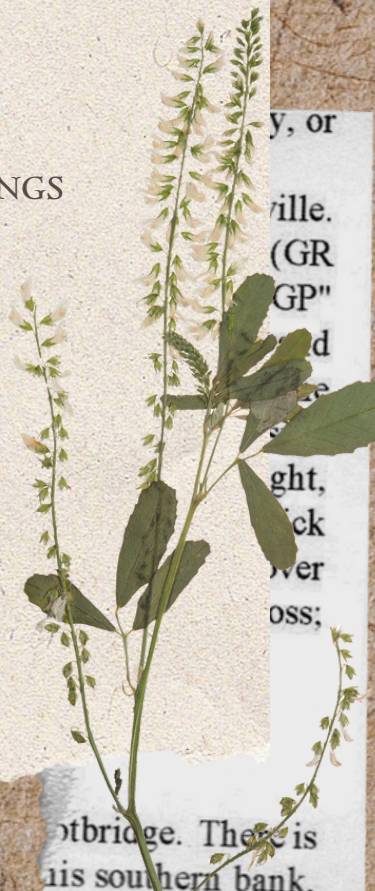
JOURNAL PROMPTS FOR SELF-GROWTH


by STAMINA



- IF YOUR LIFE WERE A MOVIE, WHAT GENRE WOULD IT BE AND WHY?
- DESCRIBE A MOMENT WHEN YOU FELT COMPLETELY IN TUNE WITH YOURSELF. WHAT WERE YOU DOING?
- IF FEAR WERE A PERSON, WHAT WOULD YOU SAY TO IT?
- WRITE A LETTER TO YOUR PAST SELF, OFFERING WORDS OF ENCOURAGEMENT AND WISDOM.
- IMAGINE YOU HAVE A MAGIC WAND. WHAT THREE THINGS WOULD YOU CHANGE ABOUT YOUR LIFE RIGHT NOW?

bySTAMINA



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- WHAT'S ONE THING YOU'VE ALWAYS WANTED TO TRY BUT HAVE BEEN TOO AFRAID TO PURSUE?
 - IF YOU COULD HAVE A CONVERSATION WITH ANY FICTIONAL CHARACTER, WHO WOULD IT BE AND WHY?
 - WRITE ABOUT A DREAM YOU'VE HAD RECENTLY. WHAT DO YOU THINK IT'S TRYING TO TELL YOU?
 - IF YOU COULD LIVE IN ANY TIME PERIOD, PAST OR FUTURE, WHEN WOULD YOU CHOOSE AND WHY?
 - WHAT DOES SUCCESS MEAN TO YOU? HOW WILL YOU KNOW WHEN YOU'VE ACHIEVED IT?




bySTAMINA



- DESCRIBE A PERSON WHO INSPIRES YOU. WHAT QUALITIES DO THEY POSSESS THAT YOU ADMIRE?
- IF YOU COULD TRAVEL ANYWHERE IN THE WORLD RIGHT NOW, WHERE WOULD YOU GO AND WHAT WOULD YOU DO?
- WRITE ABOUT A DREAM YOU'VE HAD RECENTLY. WHAT DO YOU THINK IT'S TRYING TO TELL YOU?
- WRITE A LIST OF THINGS YOU'RE GRATEFUL FOR, NO MATTER HOW BIG OR SMALL.
- WHAT'S A BELIEF YOU HOLD ABOUT YOURSELF THAT YOU'D LIKE TO LET GO OF? WHY?

bySTAMINA





- IF YOU COULD LEARN ANY SKILL OR HOBBY OVERNIGHT, WHAT WOULD IT BE AND WHY?

- DESCRIBE YOUR IDEAL DAY FROM START TO FINISH. WHAT WOULD YOU DO, WHO WOULD YOU SPEND IT WITH?

- WHAT'S ONE THING YOU WISH YOU COULD TELL YOUR FUTURE SELF?

- WRITE A LOVE LETTER TO YOUR FAVORITE PLACE IN THE WORLD.

- IF YOU COULD BE ANY ANIMAL FOR A DAY, WHICH ONE WOULD YOU CHOOSE AND WHAT WOULD YOU DO?




bySTAMINA

Annie

- REFLECT ON A MISTAKE YOU'VE MADE. WHAT DID YOU LEARN FROM IT AND HOW DID IT SHAPE YOU?
- IF YOU HAD UNLIMITED RESOURCES, WHAT PROBLEM IN THE WORLD WOULD YOU WANT TO SOLVE?
- IMAGINE YOU'RE AT YOUR 100TH BIRTHDAY PARTY. WHAT ACHIEVEMENTS AND MEMORIES WOULD YOU WANT TO CELEBRATE?
- WRITE A DIALOGUE BETWEEN YOUR INNER CRITIC AND YOUR INNER CHAMPION. HOW DO THEY INTERACT?
- DESCRIBE A MOMENT WHEN YOU FELT COMPLETELY ALIGNED WITH YOUR PURPOSE. WHAT WERE YOU DOING?

bySTAMINA





- IF YOU COULD HAVE A SUPERPOWER, WHAT WOULD IT BE AND HOW WOULD YOU USE IT TO MAKE A POSITIVE IMPACT?

- REFLECT ON A TIME WHEN YOU STEPPED OUT OF YOUR COMFORT ZONE. WHAT DID YOU LEARN ABOUT YOURSELF?

- CREATE A VISION BOARD DEPICTING YOUR DREAM LIFE. WHAT IMAGES AND WORDS RESONATE WITH YOUR ASPIRATIONS?

- WRITE A FORGIVENESS LETTER TO YOURSELF OR SOMEONE WHO HAS HURT YOU. WHAT WOULD YOU SAY? HOW WOULD IT FEEL TO LET GO?



bySTAMINA

Annie