

Journaling Prompts for Personal Growth

Speaking Your Truth Writing Prompts

I feel clear and confident in expressing myself when...

I feel the safest in speaking my truth when...

I feel most creative when...

The sounds I enjoy listening to are...

I hear others most clearly when...

It is easy/difficult for me to trust my voice because...

My voice sounds like...

When I hold back my voice, I feel...

When it comes to my self-expression, I am still learning how to...

When I feel out of balance in my throat chakra, my body/mind/spirit feels...

Inner Blossom Writing Prompts

I feel powerful/empowered when...

I have felt my inner strength engaged when...

In addition to food, water, light, and nutrients, I also need these things in order to grow and blossom:

I feel most open and receptive when...

It is easy/difficult for me to trust my gut because...

My greatest growth spurt was...

I have grown considerably in these ways:

I am still growing in these ways:

I would like to grow more in these ways:

What do I need to release/let go of in order to make room for my own growth? (In other words, what is standing in the way of my growth?)

Healing Transitions Writing Prompts (Riding the Waves of Change)

In general, change makes me feel...

Currently, I am experiencing the following transitions in my life...

The most challenging transition(s) in my life was (were)...

If change were an element (water, fire, air, earth, etc.), what would it be?

When I don't initiate change –because change happens *to* me – I cope in these ways...

I feel the impact of life changes in this part of my body:

I receive support from these people during tough transitions:

In my life I would like to consciously make these changes:

I am still healing from the impact of these changes in my life:

Without change, I would feel...

Transforming Loss Writing Prompts

The nature of my loss is...

My loss tastes like...

My loss looks like...

My loss smells like...

If my loss were an element (air, water, fire, earth, etc.) it would be...

If my loss were an animal, it would be...

I feel my loss in my body in these areas...

These symbols or images or words remind me of my loss...

These symbols, images, & words comfort me...



Rising Bird Counseling
<http://www.rising-bird.com>

Courtney Putnam, MFA, MA, LMHCA, LMT, RM
All rights reserved in all media. © 2023