

**10 POWERFUL JOURNAL PROMPTS – Get Unstuck in 10 Minutes**



Pick 1-3 prompts. Write honestly and keep your pen moving – try not to overthink it.

1. What feels off in my life right now – and why?

(Be specific. Name the real thing, not the safe answer.)

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2. Where am I settling for less than I want?

(Work, relationships, time, energy, standards.)

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3.a What do I keep telling myself I will “figure out later”?

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3.b What is that costing me right now?

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4. If I knew I couldn’t fail, what would I do next?

(Notice what comes up immediately)

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5. What am I avoiding – and what would happen if I faced it?

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6. What gives me energy lately? What drains it?

(List both. Patterns matter more than individual moments.)

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7. What does my ideal day look like?

(Not a fantasy – something realistic but better than now.)

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8. Where am I out of alignment with what I say I want?

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This tool is for reflection and clarity – it is not a substitute for professional advice or a guarantee of outcomes. Trust your judgment and seek additional support where needed.

9. What would the next version of me do in this situation?

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10. What is one honest decision I already know I need to make?

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Optional Closing (2 minutes)

Finish this sentence:

Right now, the most important thing for me to change or focus on is:

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Clarity doesn't come from thinking more – it comes from seeing what is already there.