

Getting To Know Myself-Week 2

Journaling Prompts/Questions



Introduction

Using the journaling prompts provided below choose one and create an art response about it. When finished, reflect on what led you to choosing that question. Writing down your thoughts often creates a new opportunity for contemplation. You will often find during writing and art making that you end up in a type of flow state and release thoughts you didn't even know were going on in your mind.

Journal prompts:

- What is your biggest struggle with loving yourself?
 - Get rid of a limiting belief that you have about yourself or your abilities and come up with an empowering belief.
 - What good habit do you want to begin for your overall well-being?
 - What is a compliment that you struggle to accept about yourself?
 - What is something you need to start saying "yes" to?
 - What do you need to forgive yourself for?
 - Name a thing you love about your body and your personality.
 - Where in your life do you need to slow down and take your time?
 - What is something in your life you need to get rid of?
 - How can you set better boundaries in your life?
 - What do you currently need to speak up about?
 - How can you give yourself a break today?
 - When was the last time you allowed yourself to feel joy?
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