

The 25 best Journaling Prompts to shift quickly back into Abundance, Love, Joy...and then some.

- For what am I grateful today? (List out at least 10 things)
- What good has been done for me today?
- What gifts did I receive today/last week/last month?
- Who has helped me/supported me?
- What gives me real pleasure? (List out at least 10 things. Can you allow yourself to have at least one of them now? If not: Why? And: Is that 'Why' true?)
- What can I do RIGHT NOW for myself to feel incredibly good?
- What/how do I truly feel right now? And when you think your done, dig deeper. Ask: And below that? What's there?
- What is my biggest dream? And then: Even bigger than that? (No limits!)
- What is my deepest desire? (The one you almost don't dare to admit)
- What do I really, really want? Write freely. If you finished ask yourself: What else?
- What would I like to try new (in life, business, relationships, ...)? List out things you've never done before. No matter how crazy they seem.
- What's keeping me from doing it? Write your answer to each one of the things you listed out before.
- Is that true? Write your answer to each one of the limitations you listed out before.
- Where in my life/business do I wish to have more help or support? And then: How can i get that support / feel more supported?
- What does my perfect day look like? (No limitations!)
- What would I do immediately, if I wasn't afraid of failure in life / business / relationships /...?
- What is my biggest talent? Write out what you are good at. ALL of it. Even if it's baking cakes or chasing butterflies. Then ask yourself: What else?

- What do I have to contribute or to give to the world/my (future) partner/ my clients?
- What advice(s) would I give my past self 5 years ago if i could talk to her? What advice (s) would my future self give me if she could talk to me?
- What does love really mean to me?
- What does freedom / success really mean to me?
- What does _____ (insert any word / topic which is on your mind right now) really mean to me?
- What would I normally do right now / today / in this situation? What is the exact opposite? What if, I just did it now?
- Am I a person with whom I would love to spend the rest of my life? Am I a person whom I would love to hire and work with?
- If not: What can I do to be that person?

Write freely about everything that comes up. Feel free to reach out if you have questions!



“I know for sure that as soon as we accept and learn to fully express ourselves changes on a deep and lasting level will take place.
When you don't have to prove anything to anyone anymore you are able to enjoy yourself and your life massively.

I came a long way from being bullied at work – even from my own boss, having boring, draining relationships and a half-assed miserable life to live my true passions every day and wake up with a smile on my face.

It's not always sugar and rainbows so I create and hold massive space for you to explore yourself and open up, feel what is there and finally recognize what was always true:

YOU ARE AN AMAZING HUMAN WITH TONS OF BEAUTY AND TREASURE.

It's time to not give a fuck any longer and deep dive into your life. You only have one!”

I Love You ♥ Linda Martinez

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Book your FREE discovery call with me!

Click here: <https://lindamartinezcoaching.as.me/schedule.php?appointmentType=7614332>