

THE **20** MOST

inspiring

**JOURNAL
PROMPTS**

**FOR YOUR
SELF-DISCOVERY**

LINDAMARTINEZ.CO

The 20 Most Inspiring Journal Prompts For Your Self-Discovery

An invigorating collection of journal prompts to help you clear negativity and initiate positive change from Day 1

Congratulations for showing up for yourself by downloading this free printable with the 20 most inspiring journaling prompts for your self-discovery.

Journaling is a habit that is very supporting for your wellbeing and personal growth and it has helped me a great deal in handling all kinds of situations, getting to know myself better and shifting negative beliefs.

These prompts will help you to initiate positive change from day 1 of using them. I suggest, that you take 10 to 15 minutes each day for the next 20 days, pick one prompt and journal it out.

But you can also just pick the ones that resonate and journal them out when you feel like you need them.

There is no right or wrong in journaling, so there is really no way that you can mess it up.

And now: Enjoy!

1

Take 10 minutes or longer and describe what your perfect day would look like. Allow yourself to dream. No limitations, everything is possible.

2

Write a letter to your younger self. What would you tell yourself? What does your younger self need to hear from you?

3

Write a short story about the best moment in your life.

4

Write a list of 20 things that you love.

5

Make a list of 10 empowering words. Then create your personal affirmations with them: "I have an unforgettable smile" or "My service creates unforgettable results".

6

Write a letter of gratitude to your body.

7

Write out what would make your day better.

8

List out the humans in your life who are always there for you and who you can fully trust.

9

Write out: If I wasn't afraid, I really wish people knew this about me...

10

List out what you no longer need in your life. Then think about what you need to let go.

11

If my body could talk, she would say...

12

Write out how you have helped others in the past week (or so). How does this make you feel?

13

Write out what you love about life!

14

Make a list of things that make you feel good. Think about how you can add at least one of them into each of your days.

15

Write about what compassion means to you and how you can show yourself more of it.

16

Write about your strengths. What makes you unique? What can you do better than anybody you know?

17

What did you learn from your biggest mistakes?

18

Write out a question that you really need an answer to. What if you knew the answer? Write it down.

19

List out 30 things that inspire and motivate you: Movies, people, podcasts, blogs, books...

20

Write a bucket list.

Did you enjoy these?

What about I told you that I have an amazing ebook course to help you shift your mindset and deeply connect with your intuition to build up indestructible confidence?

Would you like that?

Then I have good news: I have done all the work for you and put together an ebook course with my proven 6 step process to let go of the BS, unleash your soul and tap into your true purpose.

It is a self-paced learning experience and jam-packed with journal prompts and exercises AND it comes with a 20-minute bonus video training on how to deeply connect with your intuition - so you will always know what is right for YOU.

Get it HERE:

<http://lindamartinez.co/bye-bye-bullshit-6-step-guide-blank/>

Love & Blessings, Linda

