

JOURNAL PROMPTS

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1. I believe I can _____ because _____.
2. I see myself accomplishing _____.
3. I need _____ today, because _____.
4. I am inspired by _____, because _____.
5. Describe what fulfilling your goal will look like?
6. If you could wave a magic wand and your dream goal was a reality now, what would your life look like?
7. Define success for yourself when it comes to your Dream Goal.
8. What do you do and say to yourself when something does not work out as planned?
9. How can you be gentle and forgiving to yourself today?
10. Describe your biggest fear when it comes to accomplishing your dream goal.
11. Who inspires you and why?
12. What life lessons did you learn last year that have helped you Dream Big this year?
13. What characteristics within yourself do you have that you are proud of?
14. What can you do today to remind yourself to focus on the journey and not just the destination?
15. What are you thankful for right now, in this moment?

*For the full description of how to utilize these prompts, please refer to the post paperroseblog.com/journal-prompts/