

101 Journal Prompts for Sacred Soul Journaling

Sacred Soul Journaling is just as much an art as it is a science.

As a science, discovering a method that works for you will assist you in developing the ability to get out of your mind, understand your emotions and connect with your soul for answers that are true for you. “Your Soul Does Know the Truth.”

As an Art, journaling is about letting go of perceived notions that it must follow structure to create content. It is about allowing yourself to not follow rigid constructs to uncover the truths you are seeking.

The secret to sacred soul journaling is this: *allowing the pen to listen to the chatter and write it down ~ feeling the emotions that come from this writing and, then, settling in and hearing the wisdom of your inner soul.*

One of the best ways to start this process is to use prompts. I've created this list of thought and feeling provoking prompts to start your journal entries. Using these prompts is great way to begin the path of an entry but allow flow to happen ~ often times you begin one place and end somewhere on a completely different course!

When you can do this, you will often say at the end of the entry:
“I Had NO Idea I was going there!”

When you can say that, you have successfully charted your course for accessing the truth through Sacred Soul Journaling.

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General Prompts:

1. Lately, I find myself wandering to thoughts about ...
2. Today, I saw _____ and it got me thinking ...
3. When I hear about an injustice, I feel ...
4. My favorite TV Show when I was little was _____. I liked it because ...
5. My initial response to any compliment is to ...
6. This season of the year, _____, is a time of ...
7. When I am sad, I often find myself going to _____ for support. That's curious because ...
8. I remember when I first got my license to drive, it made me feel ...
9. The room in my house that I feel most at home in is _____ because ...
10. One of the Greatest Gifts I offer people is my _____ and that makes me feel ...

Prompts About Your Body:

11. What I love about my body is its ability to _____ because ...
12. What I like least about my body is its _____ and that makes me feel...
13. My favorite part of my body is _____ because
14. My least favorite part of my body is _____ because ...
15. I feel great about my body when I am _____...
16. I liked my body the most when I was _____ years old because ...
17. I liked my body the least when I was _____ years old because ...
18. If I could change, with the snap of my finger, anything about my body it would be _____. It would make me feel ...
19. The greatest compliment I have ever received about my body was _____ ...
20. I feel most confident in my body when I am _____

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My Best Friend Prompts:

21. My best friend is _____ because ...
22. What I like most about my best friend is ...
23. The last time I told a ‘white lie’ to a best friend was _____ because ...
24. My Favorite times with my best friend are ...
25. I respect my best friend because ...
26. Secretly, I’m a little jealous of my best friend because ...
27. If I could have one wish granted to do anything with my best friend it would be ...
...
28. The last disagreement with my best friend was _____ and it caused _____ and I felt _____
29. The biggest thing that gets in the way of deepening my friendship with my best friend is ...
30. The one thing I want to tell my best friend but can’t is _____

About Your Career:

31. My Career sustains me by _____
32. The one thing that most inspires me about my job/profession/business is _____
33. What confuses me most about my job/profession/business right now is _____
34. You just wrote a book about how you feel when you walk into your office. It’s title is _____
35. My reputation at work is one of _____ and that makes me feel _____.
_____.
36. My worst quality comes out at work when _____
37. My best quality comes out at work when _____
38. Your favorite co-worker would describe you as _____
39. If you had to change jobs/professions right now, what would you choose and why?
40. What I like least about my work is _____

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About your Birth Family:

41. My mother's greatest lesson for my life is _____
42. My father's greatest attribute was _____. It shows up in me because ...
43. My home growing up felt _____
44. I remember my favorite grandparent as a _____
45. Holidays were filled with _____. They made me feel _____
46. When I was a child (under 8), I felt safest when I was _____
47. The worst thing my parents ever said to me was _____
48. When my parent (mother/father) told me they loved me, it felt _____
49. Emotions in my house were viewed as _____
50. The one thing my father/mother let me do when I was a young teenager that allowed me to express myself was _____

About Your Home:

51. My home is an expression of myself because of it's _____
52. The one room in my home that needs a make-over is _____ because it makes me feel _____
53. If I were to paint the living room today, I would choose the color _____ because it makes me feel _____
54. The room that most honors me is the _____...
55. My bathroom both refreshes and rejuvenates me because _____
56. My family gathers in the _____ this is because there we _____
57. The next party I throw will be a _____ and I want to invite _____ because ...
58. When I open the front door and enter my home, I see _____ and I feel (insert emotion) about it.
59. The window out my living room over looks _____. I look out it (insert amount of time) because ...
60. If I could live in any style house, I would live in a _____ because.

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About Your Thoughts:

61. My thoughts lean toward (half full/half empty). This supports me because...
62. When I say, I have to “Go Get Some Fresh Air”, I’m usually thinking about ...
63. When I need to clear my head, I generally do ...
64. The one word I hear myself say over and over in my head is _____ and that makes me feel....
65. If I could choose one thought to repeat to myself, it would be _____ because ...
66. My mindset is ...
67. “How you think is how you live.” Agree or disagree.
68. When someone whines, I often think _____
69. When I find myself getting cranky, I think to myself “_____”
70. My first thought in the morning when I wake up is often _____

About Your Feelings:

71. When I go to bed, I find myself feeling _____
72. On the weekends, I often feel _____
73. My feelings border upon _____ when I see a gesture of love.
74. What makes me the saddest in my life is _____
75. What makes me the most joy-filled is having _____ in my life.
76. 10 years ago, I never felt this (insert emotion) in my life as much as I do now.
77. I let my feelings get to me when I am _____ and I react _____
78. My feelings today remind me of when I was _____
79. I was often (fill in with an emotion) in elementary school because _____
80. My moods fluctuate (fill in time period a lot/often/not much) and I’m curious about that because I believe that others who have the same thing are _____

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About how You make Choices:

81. My ability to make quick easy choices is _____
82. When it comes to making a difficult decision, I often turn to _____ for advice.
83. It's easier for me to make good choices at (work/home) that is because ...
84. When I have to make a choice for someone else, it's harder/easier for me. That's curious because ...
85. I often look at the pros/cons of a choice when deciding. This supports me because....
86. I often use emotion when choosing because it _____
87. The types of choices that are easiest for me are when they involve/do not involve others because _____
88. When it comes to a group making a choice, I often (assert/acquiesce) my own preferences and that is _____
89. When a choice is complicated, I look for help (quickly/only when I have to) because I ...
90. If I make a mis-take after having thought I had made a good choice, I often feel ...

About Your Dreams:

91. My dreams feel _____
92. I have never been able to dream big enough because _____
93. I don't believe my dreams will ever come true and that makes me feel _____
94. "Dreaming is for idiots." Agree/Disagree.
95. Manifesting my Dreams is (hard/easy/never happens). I believe that is because ...
96. If money were no obstacle, the first dream I would fulfill would be to _____
97. To discover what my truest dreams are, I _____
98. When someone 'poo-poos' my dreams, I immediately start to think _____
99. The biggest dream that I have had that has come true is _____ and that feels really _____
100. When someone else celebrates a dream come true, I feel _____ for them.

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Last Prompt: *is actually a huge secret!!! It's the prompt you should use when you have finished an entry or are winding one up. That is <drum roll>*

101. If I knew what my soul wanted me to know about this, it would say:
