

RIGHT WHERE YOU ARE

Journal Prompts for Reflection & Clarity

in
this
too

There's no right way to use these prompts. Write a little or a lot.

Skip what doesn't resonate. Come back to the ones that do.

This is simply a place to begin...right where you are.

1. Arriving

“Right now, I notice...”

(Thoughts, feelings, sensations—anything that's present.)

2. Naming What's Here

“Something that's been sitting with me lately is...”

3. The Body Check

“If my body could speak today, it would say...”

4. The Unspoken

“Something I haven't said out loud, but feel ready to write, is...”

5. Stepping Back

“When I look at this from a little distance, I can see...”

6. Offering Kindness

“If I met myself where I am, with kindness, I might say...”

7. Reframing the Moment

“This experience doesn't define me; instead it may be teaching me...”

8. What's Helping (Even a Little)

“One small thing that's supporting me right now is...”

9. Choice & Agency

“One gentle choice available to me today is...”

10. Integration

“One thing I'm ready to accept and one thing I'm ready to release are...”

With love, *g*

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