

# RIGHT WHERE YOU ARE

## *Journal Prompts for Reflection & Clarity*



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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