

30 Prompts For Journaling With Your Heart

1. How can I be more present today?
2. These thoughts are spinning in my head, writing them down helps me drop them into the peace of my heart.
3. What does my body need today?
4. How can I be more kind and loving today - to myself and others?
5. What are my top 5 values and how can I live from those more fully today?
6. If I draw on courage and self-belief what will I do differently today?
7. I am feeling overwhelmed today because...
8. This is what I can do that will soothe the overwhelm...
9. I have a limiting belief around this issue...
10. When I tune into my heart wisdom this is how it helps me change my limiting belief...

11. My perfect day would be like this...
12. What steps can I take towards experiencing my perfect day?
13. What am I holding back from doing today?
14. How can I make it easy for myself to do the thing I am resisting?
15. Last night I dreamt about.....and this is what that means to me...
16. I align myself with ease and flow today, which feels...
17. I am ready to forgive.....(name of person/people).
18. What important truth does my heart know, that my mind tries to block out?
19. My inner child wants me to know this today...
20. Today I will be part of the solution to the issues that disturb me, by doing this...

21. I know my strengths and they are...

22. I believe in myself because...

23. My mantra for today is...

24. My affirmation for today is...

25. 10 things that make me smile are...

26. My empowering visualisation for today is...

27. When I trust that everything will be ok I feel...

28. This is how I choose to experience my life today...

29. Knowing that I have the power to choose how I experience my life makes me feel...

30. When I listen to my heart what inspiration do I get about a positive step I can take today?