

JOURNAL PROMPTS FOR SELF-DISCOVERY



The
KORU JOURNEY
Sarah Louise

AWAKENING, FREEDOM, CONFIDENCE, DESIRE, STRENGTH,
POWER, WHOLENESS, DIRECTION, DRIVE, MOTIVATION, ENERGY

1. What is meaningful and fulfilling to you?
2. What activities or topics have always intrigued or interested you?
3. What activities make you lose track of time?
4. What are your strengths and natural talents?
5. What do you want to learn or explore?
6. What activities or environments bring you joy or relaxation?
7. What's one creative goal you have?
8. What did you dream of that has faded away?
9. What am I fearing?
10. What am I feeling in my body right now?
11. When was the last time you felt free?
12. What defining emotions do you associate with your experience of freedom?
13. What thoughts or activities do you associate with emotions of freedom?
14. Based on the themes in your life, what do you invite?
15. In life's important areas, what are you not saying no to?
16. How does your inability to say no impact your life?

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17. What bodily signals have you been overlooking?
18. What symptoms have you been ignoring that could be warning signs were you to pay conscious attention?
19. What is the hidden story behind your inability to say no?
20. What must you believe about yourself to deny your own needs this way?
21. Where did you learn these stories?
22. What desire have you ignored?
23. Where have you denied the yes that wanted to be said?
24. Where do you find inspiration when life is challenging and hard?
25. What book has inspired you to rethink one of your core beliefs or assumptions?
26. Which book, movie or song was your favourite when you were a child?
27. What's something you do that's often considered "boring" but feels really quite therapeutic?
28. Which movies have you watched over and over again?
29. What piece of music do you currently have on repeat?
30. Which book have you reread most in your life?
31. Which things are truly in your control?

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32. What small changes could you make to your schedule that would improve your quality of life?
 33. What are you making more difficult for yourself than it needs to be?
 34. What are you naturally good at?
 35. What positive impact could you make in your local community?
 36. What act of kindness could you perform for yourself?
 37. What amazing skill would you love to master?
 38. If you could do any job you wanted, what would it be?
 39. What sort of home do you want to live in?
 40. What personal aspirations do you have for your health and well-being?
 41. Describe your ideal lifestyle. How do you feel in this dream life?
 42. What are you better at doing now than you were one year ago?
 43. What is your best quality?
 44. In what ways do you remain true to your values?
 45. Which things have you learned to say no to?
 46. In which parts of your life have you learned to let yourself go?
 47. What have you achieved that you previously thought impossible?
 48. What positive food choices have you been making?

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49. What things do you care about?
50. What fun activity do you have planned for yourself this week?
51. How can you schedule in sufficient time to relax or unwind?
52. What do you spend lots of time thinking about?
53. What is your favourite daydream?
54. Is there anything particularly troubling you at the moment?
55. What changes are you currently experiencing and how do you feel about them?
56. What is on your mind when you can't sleep?
57. If you could change one thing, what would it be?
58. What is your intuition + instinct trying to tell you?
59. What things are you most passionate about?
60. What are your personal values?
61. What letter would you send to yourself as a child?
62. What would happen if you stopped worrying about what other people thought of you?
63. What lessons have you learned that you would like to pass on to others?

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64. What time of the day are you most productive?
 65. What activities help you feel calm and centered?
 66. My heart is saying...
 67. I'm so angry about...
 68. Why did this happen to me?
 69. I need clarity about...
 70. I'm scared about...
 71. What would happen if...
 72. I am looking forward to...
 73. Right now, I notice...
 74. My favourite memory of... is...
 75. What is my unique gift to the world, what was I created for?



I HOPE YOU FIND YOUR POWER, VOICE AND WORTH BY
JOURNALING IN THE POSTPARTUM PERIOD, AND BEYOND.

Sarah Barnett