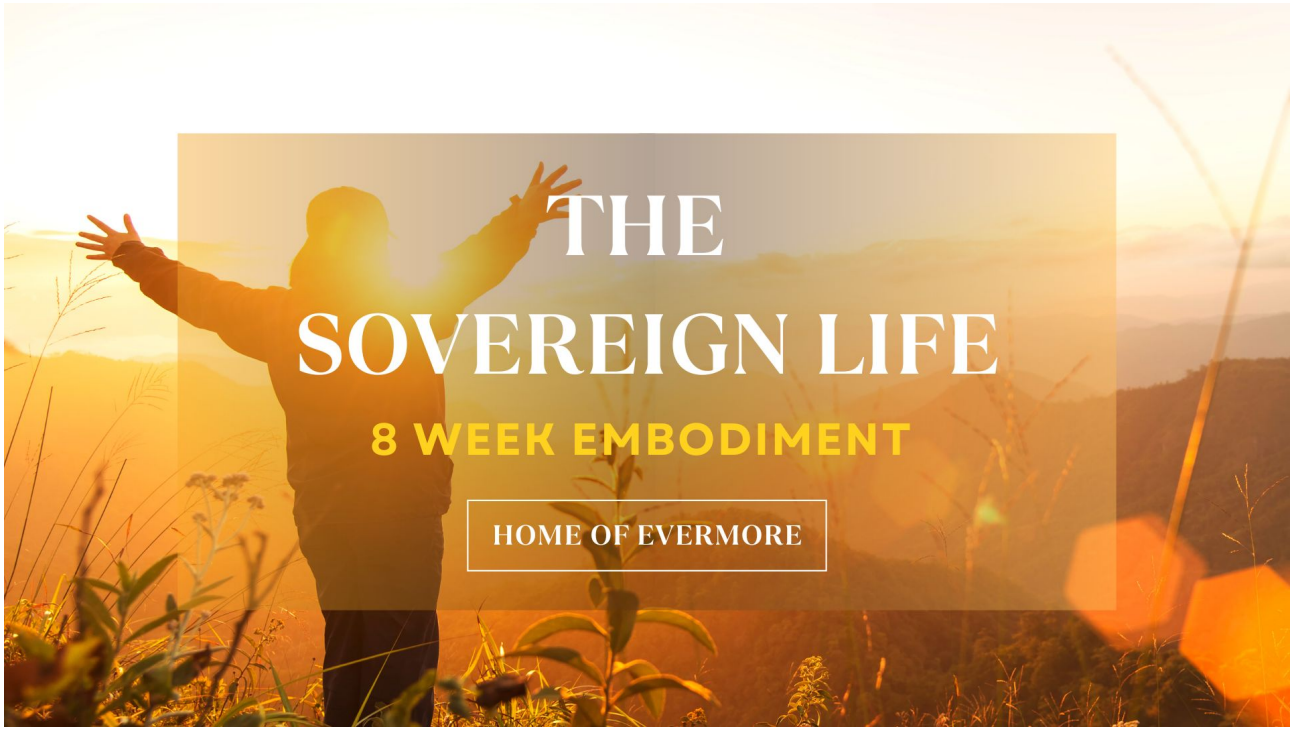

Journal Prompts Week 7

We trust these journal prompts support your work into deeper self discovery.

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1. Where in my life am I waiting for permission - from circumstances, from others, from myself - before I allow joy to be real?

2. What good thing have I recently pulled back from, minimised, or only partly let in - and what made it feel unsafe to receive fully?

3. Is there a dream, idea, or project I once shared that was met with mockery, dismissal, or shame? Does that dream still want to be picked up? Or is another dream asking to be brought to life?

4. When something good happens in my life, what is the quiet expectation that follows - that it won't last, that something will go wrong, that I'll have to pay for it somehow?

5. Where do I notice the pattern of extreme highs followed by extreme lows?

6. What would I create, pursue, or say yes to if I truly believed good things were simply allowed to last?

7. Complete this sentence: Joy will be safe to fully feel once -

8. What did I learn, growing up, about who deserves ease, flow, and good fortune - and how much of that am I still carrying as true?

9. Where in my physical space - my home, my desk, my room - does the environment around me reflect an old version of who I was rather than who I am becoming?

10. If I let myself ride the wave of something good a little longer than usual - not pulling back, not bracing - what might that feel like in my body right now?