

JOURNAL PROMPTS

Life in Seasons

For every season, the slow ones too.

What season of my life is wrapping up, and what do I hope the next one brings?



How have I grown over the last few seasons of my life?



Where in my life do I need to hit pause right now?



What's taking up my time that I'm ready to cancel?



What would my comeback season look like?



What part of my journey right now deserves more of my attention than the outcome?



What would I cheer for in my own life if I were watching it on screen?



What about me has gotten better with age?



What have I been forcing myself to finish that I'm allowed to let go?



What drama in my life can I step away from?



Life in Seasons

CUT ALONG THE DASHED LINES

NO. 1



What season of my life is wrapping up, and what do I hope the next one brings?

NO. 2



How have I grown over the last few seasons of my life?

NO. 3



Where in my life do I need to hit pause right now?

NO. 4



What's taking up my time that I'm ready to cancel?

NO. 5



What would my comeback season look like?

NO. 6



What part of my journey right now deserves more of my attention than the outcome?

NO. 7



What would I cheer for in my own life if I were watching it on screen?

NO. 8



What about me has gotten better with age?

NO. 9



What have I been forcing myself to finish that I'm allowed to let go?

NO. 10



What drama in my life can I step away from?

