

JOURNAL PROMPTS

Life in Chapters

For every chapter and every plot twist.

What chapter of my life is ending, and what might it be making room for?



What unexpected turn in my life ended up being a good thing?



What am I ready to turn the page on?



What hard chapter have I been treating like the whole story?



If this moment were the turning point in my story, what would happen next?



What challenge has added depth to my story?



Where have I been living like a side character in my own life?



What season of my life was short but still mattered?



If I got to name the genre of my life right now, what would I choose?



What's happening in the middle of my story that I might be overlooking?



Life in Chapters

CUT ALONG THE DASHED LINES

NO. 1



*What chapter of my life is ending,
and what might it be making room
for?*

NO. 2



*What unexpected turn in my life
ended up being a good thing?*

NO. 3



*What am I ready to turn the page
on?*

NO. 4



*What hard chapter have I been
treating like the whole story?*

NO. 5



*If this moment were the turning
point in my story, what would
happen next?*

NO. 6



*What challenge has added depth to
my story?*

NO. 7



*Where have I been living like a
side character in my own life?*

NO. 8



*What season of my life was short
but still mattered?*

NO. 9



*If I got to name the genre of
my life right now, what would I
choose?*

NO. 10



*What's happening in the middle
of my story that I might be
overlooking?*

