

JOURNAL PROMPTS

Intuition & Balance

For checking in and trusting what you already know.

What has my body been asking for that I've been too busy to hear?



Where have I been holding back my voice, and what do I want to say?



What do I quietly know about my life that I haven't fully trusted yet?



What decision would I make if I trusted my gut instead of my overthinking?



How am I really doing today, mind, body, and heart?



What values and truths keep me grounded when life feels shaky?



What would slowing down look like for me this week?



Where do I feel connected to something bigger than myself?



When have I surprised myself with my own strength?



What signs tell me I'm on the right path, even if it's not the one I planned?



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CUT ALONG THE DASHED LINES

NO. 1



*What has my body been asking for
that I've been too busy to hear?*

NO. 2



*Where have I been holding back my
voice, and what do I want to say?*

NO. 3



*What do I quietly know about my
life that I haven't fully trusted
yet?*

NO. 4



*What decision would I make if
I trusted my gut instead of my
overthinking?*

NO. 5



*How am I really doing today, mind,
body, and heart?*

NO. 6



*What values and truths keep me
grounded when life feels shaky?*

NO. 7



*What would slowing down look like
for me this week?*

NO. 8



*Where do I feel connected to
something bigger than myself?*

NO. 9



*When have I surprised myself with
my own strength?*

NO. 10



*What signs tell me I'm on the right
path, even if it's not the one I
planned?*

