

# Journaling Questions



One of the best ways to de-clutter your mind, especially first thing in the morning, is the practice of journaling.

Some call it “Morning Pages” or “A Brain Dump” or “Stream of Consciousness Writing” and it really is an amazing way to get through the cloud of racing thoughts which so many of us wake up to. All they are doing is screaming for your attention. If you can find 10 minutes and just write un-censored—I mean put on the page whatever crazy, nonsensical things come to mind without judgement or editing yourself—it can really lighten the load for the rest of the day. Trust me! Or don’t trust me and just try it and see what happens for yourself!

The best time to do this is right after you wake up. It can also be an amazing exercise when you are looking for answers to important questions in life. First few minutes might be filled with resistance and a list of explanations of why you don’t like this exercise or why you feel stupid doing it. Write them down. You might be thinking you really hope your family members don’t find what you’re writing or that you don’t see the point—write that down too. Eventually, the noise quiets down and the answers you’re looking for arise. You might wonder when reading back through later “Did I really write that?” I know that’s happened to me! It’s fascinating. This is one way to connect with your soul—dropping down deeper, below the surface thoughts.



Here are some writing prompts to get you started. Put on the [Unraveling Spotify Playlist](#). Make sure you have 10-15 minutes of uninterrupted time. Take a few deep breaths before you get started and stick with one question at a time. Write until you run out of things to say and notice how you feel after.

Try not just to respond to the questions but also notice any feelings that come up. Describe them. Write un-edited, un-interrupted. Write not to get the right answer but curious as to what you might hear from deep down within you. If you don’t know—write about the not knowing—its always a great start to anything new! Oftentimes it is simply living the questions that gets us to the answers.



## Who are you?

If you take away the roles and titles, the jobs you perform in your life, the things you do for others—who are you underneath them all? Who are you at your core? Do you have a sense of yourself? Don't think about the answer—just let the words come. If you aren't sure—write about who you are not anymore that you might have once been.

## Who were you as a child and what did you love to do?

How in touch are you with who you were as a child and the things you loved and what made you happy? What were those things? Are they a part of your life now? If not, why? Do you make time to play today as an adult? What does this look like? Play is what nourishes the soul—make time for it.

## If you could live the perfect life—what would that look like today?

Describe how living this life would make you feel. What emotions would you experience? What thoughts? Allow the feelings to come up and feel them in your body. What do you experience? Notice and observe it and then write about it. Think about what else in your life right now makes you feel the same way. Do more of it.

## Protect your energy. If your overall energy in life was like bank account and you had to budget how you spend it each day—what would you stop doing?

Who would you stop spending time with? How much of your life is spent on things you “should” and “must” and “need” to do? Make a list of things and people that you find draining and consider how you can start saying NO to them and YES to yourself.



## **Self-care and self-love. In your energy bank account question above—did you budget energy/time for yourself?**

If the statements “you can’t fill from an empty cup” and “put your own oxygen mask first before helping others with theirs” are true (and let’s just assume that they are for the sake of this exercise)—how are you ensuring your “cup is full” and your “mask is on” before turning towards others? How are you loving yourself? Name one way you can improve this.

## **Letting go. Without any context or too much thinking about the question, ask yourself “what do I need to let go of right now in life?”**

What are you being invited to release which has come to feel too heavy today? Don’t overthink it, just write. See what comes to you. Write until it does. Don’t list the reasons why you can’t. Just receive the message. Give thanks.

## **Slow down and be “with” yourself. How often do you schedule time alone?**

Not time alone filled with tasks and errands. Time alone to sit and breathe and BE. Time alone to reconnect to your heart and how it feels to be you. Write about what that feels like and if it doesn’t happen often, write about why. Now consider what it is that you are searching for in life. Is it love? Joy? Fulfillment? Happiness? Belonging? What if those things are always already yours but you are looking for them in the wrong place—external circumstances, places and people... how might your life change if this was true? If life was an inside-out process. If you are resisting this, write about why. How is this way of thinking keep you safe? How is it serving you? Could it also be what is keeping you stuck? Reflect on this.