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Journal Jar Prompts: Cut prompts on the gray dotted line

Who do you need to establish boundaries with?

Do you have a chosen family?

What are your limiting beliefs?

Are you comfortable in social situations?

How often do you prioritize yourself?

What was your highlight of the week? Why?

If money wasn't a concern, would your vocation change?

What are three affirmations that align with your current goals?

What is your relationship with your body?

What is something you can congratulate yourself on?

Who are you when no one else is around?

What energizes you?

Do you take action?

What in your life are you most optimistic about?

When was the last time you cried from laughing so hard?

Is there anything you need to change your perspective on?

How can you make tomorrow better?

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What was your favorite part about today?

How can I give *myself* what I hope other people will give to me?

If you are experiencing self doubt, who do you think is benefiting from this?

If you keep living life the way you currently do, would you become the person you want to be?

What is your intention for the week?

What quality do you possess that was once thought of as a weakness but is now a strength?

Vent for 5 minutes on what is bothering you. Then, for the next 5 minutes, problem solve.

What is one thing you are avoiding?

Write about your earliest childhood memory?

What is one thing you want to do but think it's "too late"?

What is something that doesn't serve you anymore that you can let go of?

Write about what life was like this time last year.

What scares you the most and why?

What is something that you've learned about yourself in the past 6 months?

Do you have a happy place? Write about your happy place in detail.

How can you declutter your space and mind?

How has change improved your life?

As an experiment, what might you try to do differently today?
