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Journal prompts

Welcome, Creative Souls!

Embarking on a journey of self-discovery and creativity through journaling is a powerful tool that can enhance your well-being. This free handout offers you a month-long guide of journaling prompts, designed to inspire reflection, growth, and creativity. As you weave these prompts into your daily routine, you're encouraged to explore the depths of your thoughts and emotions, fostering a deeper connection with yourself.

The Benefits of Journaling

Journaling has been celebrated for its numerous benefits, including:

Emotional Clarity

Writing down your thoughts and feelings helps to process and understand emotions, leading to greater emotional clarity and stability.

Stress Reduction

Alleviate stress and anxiety by expressing your worries and concerns on paper – often they'll seem more manageable in black and white.

Enhanced Creativity

Journaling encourages creative expression by allowing you to explore new ideas and perspectives in a safe and supportive space.

Personal Growth

Reflecting on your experiences and insights can lead to valuable life lessons and personal growth, helping you to become the best version of yourself.

Improved Problem-Solving

Writing about challenges and obstacles can foster a clearer understanding of the issues at hand, enabling you to devise effective solutions.

How to Use This Workbook

These prompts were crafted to inspire you to get started writing without fear. As with anything, consistency is key. In an ideal world you would be able to carve out a bit of time at the start or end of each day for your journalling. If that's not possible maybe choose a regular interval – perhaps your lunch break or while commuting. You can use the pages provided to print out and write long hand or maybe you're more comfortable on your mobile.

While there's no right or wrong way to use the prompts, you will get more out of the practice by committing to a daily practice when possible but don't be discouraged if you miss a day – you can double up the next day or perhaps spend a bit longer one day in the week to catch up on any you've missed. Remember, this is your own time, so enjoy.

Getting Started

You're encouraged to embrace this month-long journaling journey with an open heart and a curious mind. Take your time with each prompt, allowing yourself to explore your thoughts and emotions fully. Remember, there is no right or wrong way to journal—this is your personal journey, and it is unique to you.

Completing all four weeks of prompts will provide you with a comprehensive and transformative experience, fostering self-awareness, creativity, and personal growth. Try to write without editing – perhaps set a timer for 5–10 minutes and just write whatever flows from your thoughts.

I hope that this handout serves as a valuable tool in your self-development journey and enhances your yoga practice.

Happy journaling!

PS I'd love to hear how you get on with your journalling – feel free to drop me a message on jen@yogatofeelgood.com. I'll be taking the challenge too – you can follow along if you like [@yoga2feelgood](#) on Instagram.

week one: winter reflections & fresh thoughts

1 February

What does winter symbolise to you?

How does it make you feel—physically, emotionally, and mentally?

[illegible]

week one: winter reflections & fresh thoughts

2 February

Reflect on a past winter memory that brings you warmth. Why does it stand out?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What is one habit or mindset you want to leave behind in the cold of winter?

[illegible]

week one: winter reflections & fresh thoughts

4 February

Write about a personal 'hibernation' period—when have you needed rest, and how did it serve you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

What's something new you want to invite into your life this season?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

Imagine your ideal fresh start—what does it look like? How can you begin today?

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week one: winter reflections & fresh thoughts

7 February

Describe your current season of life using nature metaphors (e.g., a frozen lake, a blooming flower, a rooted tree, a gusting wind).

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In the journal, I am at ease.
– Anaïs Nin

Congratulations on finishing your first week of journalling. I hope you've found it useful, perhaps even a bit surprising. Reflective practices also have the potential to bring up uncomfortable feelings. Know that this is normal. Remember we're becoming aware of what's going on inside of us – accepting what is present is key to our self-growth.

week two: love, connection & relationships

8 February

What does love mean to you beyond romance? How do you show and receive love?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

week two: love, connection & relationships

9 February

Write a letter to your younger self about what you've learned about relationships.

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week two: love, connection & relationships

10 February

Reflect on a time you felt deeply connected to someone. What made it special?

[illegible]

What's a small, loving gesture someone has done for you that you'll never forget?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

week two: love, connection & relationships

12 February

How do you nurture the most important relationships in your life? How does this make you feel? Where can you grow?

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What self-love practices make you feel the most whole?

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If you wrote a love letter to yourself, what would it say?

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I write entirely to find out
what I'm thinking, what
I'm looking at, what I see,
and what it means. What I
want and what I fear.

– joan didion

week three: moving inward - imagination & manifestation

15 February

What's a dream you have that feels impossible, out of reach or beyond your reach? How would it feel to achieve it?

[illegible]

week three: moving inward - imagination & manifestation

16 February

Imagine your ideal day three or five years from now. Describe it in vivid detail.

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week three: moving inward - imagination & manifestation

17 February

If your life were a book, what chapter are you in right now? What would the next one be called?

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week three: moving inward - imagination & manifestation

18 February

Write about a time when your intuition guided you in the right direction.

[illegible]

week three: moving inward - imagination & manifestation

19 February

If you could meet your future self, what questions would you ask them?

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week three: moving inward - imagination & manifestation

20 February

What's one creative idea you've been afraid to pursue? What's stopping you?

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week three: moving inward - imagination & manifestation

21 February

Create a vision board in words—describe your dreams, aspirations, and the feelings they evoke.

[illegible]

It's by writing... by
stepping back a bit from
the real thing to look at it,
that we are most present.

— alison bechdel

week four: renewal, growth & creative freedom

22 February

What is something you've outgrown that you're ready to release?

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week four: renewal, growth & creative freedom

23 February

Write about a time when you embraced change, even when it was difficult. How did you feel afterwards?

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What creative outlet makes you feel the most alive? How can you lean into it

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week four: renewal, growth & creative freedom

25 February

What would you do if fear wasn't holding you back?

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week four: renewal, growth & creative freedom

26 February

Describe a version of yourself who fully embraces growth and possibility. What do they do differently?

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week four: renewal, growth & creative freedom

27 February

What does renewal mean to you? How can you invite it into your life right now?

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week four: renewal, growth & creative freedom

28 February

Reflect on this past month—what lessons, themes, or breakthroughs have emerged for you?

[illegible]

To pay attention, this is our
endless and proper work.
— mary oliver

Well done on completing your 28 days of writing. I hope that you have discovered or encouraged a love for writing. Do let me know any feedback you might have – you can [email me here](#).

Writing has always been a huge part of my life and combining it with yoga, to me, is a powerful practice that allows us to look inward, stoke our creativity which leads to a more vibrant and colourful life.