



Prompts for Emotional Awareness

1. How am I truly feeling today?
2. What has been weighing on my mind lately?
3. What emotions have I been avoiding?
4. What do I need right now, emotionally?
5. When was the last time I felt truly calm?
6. What triggers my stress the most?
7. What helps me feel safe and grounded?
8. What am I holding onto that I need to release?
9. What does my anxiety want me to know?
10. If my emotions could speak, what would they say?

Prompts for Self-Love and Compassion

1. What are 3 things I appreciate about myself today?
2. What makes me unique?
3. When do I feel most confident?
4. How do I talk to myself during hard moments?
5. What would I say to a friend who feels like I do right now?
6. What does self-love look like in my daily life?
7. What are my strengths, even if I don't always see them?
8. What small wins have I had recently?
9. What am I proud of myself for?
10. How can I be kinder to myself today?

Prompts for Gratitude and Positivity

1. What are 5 things I'm grateful for today?
2. What made me smile recently?
3. Who in my life brings me comfort or joy?
4. What is something simple that makes my day better?
5. What is going right in my life right now?
6. What do I often take for granted?
7. What's a recent moment I wish I could relive?
8. What does happiness look like to me today?
9. What is one good thing about today, no matter how small?
10. What kind of energy do I want to bring into tomorrow?

Prompts for Letting Go and Healing

1. What am I ready to let go of?
2. What past situation still affects me today?
3. What would forgiveness look like for me?
4. What lesson have I learned from a difficult experience?
5. What is something I need to accept?
6. What am I holding onto out of fear?
7. How can I give myself closure?
8. What would it feel like to move forward?
9. What does healing mean to me right now?
10. What part of my life needs more attention and care?

Prompts for Growth and Clarity

1. What do I want more of in my life right now?
2. What do I want less of in my life?
3. What does my ideal day look like?
4. What habits support my well-being?
5. What drains my energy the most?
6. What boundaries do I need to set?
7. What goals truly matter to me right now?
8. What am I avoiding that I know I need to face?
9. What would my future self thank me for?
10. What is one small step I can take today to care for myself?