

# JOURNAL PROMPTS

As mentioned in **Manaholic**<sup>®</sup>, journaling can be a sacred practice between you and the Divine, God, Source, or however (or if) you refer to a higher power.

If you are like me and love rituals, I suggest you create one for your journaling experience. I like to find a quiet, cozy place to sit, play gentle music in the background, and burn a candle or incense. Journaling is your time to be with you, your thoughts, and your feelings; do it in whatever way supports you the most.

These journal prompts are correlated with the chapters and are only suggestions to inspire you to take a deeper look into your relationship with yourself. Give yourself permission to explore the prompts in whatever order they call to you. Do one of them or all of them, it is up to you. Allow yourself to fully express your authentic self without judgement, self-editing, or criticism. This is a journey to recover you.

## **Introduction: In the Dark**

Do you keep certain feelings or situations to yourself because you fear reliving them? What do you wish you could openly and freely discuss without repercussion?

## **Introduction: My Soapbox**

Have you ever felt judged for something (a behavior, a decision)? If so, what and how did that make you feel? Or have you ever judged someone who might have been in an unhealthy relationship? Now, looking back, would you feel/act differently?

## **Chapter 1 - Admitting I Have a Problem**

If you look over your life until now, do you see any recurring patterns or beliefs? If yes, what are they, and how do they make you feel?

LORILYN B. ALDEN



## **Chapter 2 - Groomed from the Womb**

How do you think your childhood environment and experiences have shaped who you are today? Is there anything you would like to change? And if there is, what and why?

## **Chapter 3 - Don't Take My Sunshine Away**

How have your relationship choices impacted your life? Did you give up someone or something to keep a relationship? What can you do now – what have you learned – that you didn't know could be possible back then?

## **Chapter 4 – An Uncomfortable Conversation**

Is there someone you need to have an uncomfortable conversation with? If yes, who would it be, and what would you like to express that you couldn't before? Can you imagine what it might feel like to finally express your truth? Are you willing to have that conversation?

## **Chapter 5 - The Loudest Voice**

Has the voice in your head ever led you to an unpleasant experience or to one that you regret? Would you like to write about that experience? What new tools can you explore to learn how to minimize the voice?

## **Chapter 6 - Am I Dating a Narcissist?**

What types of romantic partners do you attract? Are they healthy relationships? Are you giving up who you truly are for the sake of being in a relationship?

## **Chapter 7 – A Fork in the Road**

What do you believe that you need from a partner that you cannot give to yourself? Are you willing to have uncomfortable conversations with yourself and make new choices? If so, what new choices would you make?

## **Chapter 8 - Leap of Faith**

What relationship(s) would you need to leave behind to create a healthier relationship with yourself? Do you play small, and if so, how do you play small, and how would you freely express yourself if you were not scared?

## **Chapter 9 - Every Man Is My Dad**

Looking over all your romantic relationships, do they all seem to end the same way? Can you recognize what wound you are trying to heal by recreating the same situation over and over again?

## **Chapter 10 - The Edge of Freedom**

Would you be willing to step into the unfamiliar to live in alignment with your life's desires? If yes, what would you do and how? What limiting beliefs no longer serve you?

## **Chapter 11- Rebirth**

If given the opportunity, would you rebirth yourself, and if yes, what would you do? If not, why not?

## **Chapter 12 – Whack-A-Mole!**

Take a moment to reflect on all your friendships, family, and professional relationships. Do you see a similar pattern from your romantic relationships in any other area of your relationships? If yes, what do you notice? Now that you have this insight, what might you do differently to move forward?

## **Chapter 13 – Burn, Baby, Burn**

What habit or belief are you secretly holding on to that you might have to admit that you need to release to create space for what you want out of staying comfortable? Are you willing to give it up?

## **Chapter 14 - A New Dance**

What does your life's vision look like? What is your life's purpose or mission, and why? Do you know your core values, and if so, what are they? If not, why do you not have /know them? How can you use your vision, mission, and values to create the life you want?

## **Chapter 15 - All In**

What is the one action you can take today to move you confidently in the direction of your dreams?