

5 Journal Prompts

to Discover What's
REALLY IMPORTANT TO YOU

Take a few quiet moments to reflect, write freely,
and listen to what *your heart* is telling you. ♥

1

Think about a time when you felt completely *alive and fulfilled*. What were you doing, and what made that experience so meaningful?

2

What qualities do you *admire* most in other people? What does that reveal about what matters most to you?

3

When have you felt frustrated, angry, or deeply disappointed? What *value* may have been ignored or violated in that situation?

4

If money, fear, and other people's opinions were removed from the equation, how would you choose to spend *your days*?

5

Imagine people describing your life 20 years from now. What would you hope they say about the way you *lived, loved, and contributed* to the world?

You already have the wisdom within you.

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