

Journal Prompts For Your Next Level Expansion

TIPS TO GET THE MOST OUT OF THESE JOURNAL PROMPTS

- Set yourself up in a quiet space with minimal distractions to answer the following questions. If you need to ask anyone who you are around to give you some 'Do Not Disturb' time. Set your boundaries for some you-time, because it will help them in the long run!
- Be honest with yourself and let yourself know that this is for you only. Because when you lie to yourself, the only person who will suffer is yourself, so why bother?! Your dreams matter.
- These do not have to be completed in one sitting. There is no rush. Maybe answer one JP a day, or the whole lot over the course of a few days. If you are feeling in the flow, then let that energy go where it wants to.
- You do not have to write in a journal. You can use a voice recorder app on your phone to record your answers and allow your stream of consciousness to flow through your voice.
- Let it be fun. The moment it gets hard or you are feeling a bit down on yourself, put it down and go do something which raises your frequency. Some mad skills dance moves, breathwork (I love the breath of joy for this!), cuddles from a loved one or your pet if you have one, or anything at all which is going to get your vibes up! Because when you do this work, this is all about raising the frequency to set intentions in a space of abundance and not lack.

Ok, so that is enough from me, keep scrolling for your journal prompts.

HERE WE GOOOOO!

1. Reflecting on the past 6 months, what are you celebrating in your life?

(Make a list of things you have achieved or would like to celebrate, big and small, write them out, take a picture of it, frame it on your wall, do whatever you want with it, but write as many things that come up for you as you want)

2. What transformations have you had in the past 6 months? Where have you seen yourself grow and learn new things, perspectives, ideas and bring them into your life?

(Big and small, write them down!)

3. What are you most grateful for from the past 6 months?

(This can be from further back as well, do not be held back by the box of 6 months, get your gratitude ON!)

4. What goals have you set for yourself over the past 6 months that you haven't followed through on or achieved yet?

(Reminder! The YET part plays a big role here as this is not to make you feel bad, but to see where your goals were not fully in alignment with where you were in the moment you made them, and/or maybe you were not ready to take on the challenge of them yet.)

5. What stood in the way of you starting/achieving these goals?

(And yes, this could be as simple as it being you that has been holding yourself back... but remember this is where the opportunity for growth exists in recognising this, not to drop into shame but to celebrate where you have been and allow this to as a moment to check in and see if it is something you still want or not.)

6. What are you recommitting to for the rest of this year and beyond?

(Write down any goals and intentions you invited in over the past 6 months that you would like to re-establish and recommit to.)

7. Where do you desire to be at the end of this year?

(Journal out what you desire your life to be like by the end of the year. Write down as many details as possible. Describe how you will feel when you get to live all of this. Reread your answer and as you do, feel it fully in your body as if it has happened.)

8. What aligned actions do you need to take to get yourself there?

(Write a list of easy, aligned actionable steps you can take. Start small. It all starts with continuous little steps.)

9. What do you need to let go of to make these desires your new reality?

(What got you here won't get you there. So what actions, habits, thoughts and behaviours are you ready to relinquish to welcome in the new. Write these down and set the intention to clear out!)

10. Declare your new intention for the next 6 months.

(This is it, your statement to yourself. Your recommitment ceremony vows to all the versions of yourself for what you are wanting to achieve. Write it out, look at yourself in front of a mirror and read it out loud. Declare! And Declare BOLDLY!)

This is your life. Live to what you are wanting, not what anyone else tells you, or what you think you should have. Allow the possibility of growth to expand you, not scare you and **go for it!**

I believe in you SO MUCH and thank you for taking the time to work through these journal prompts with me. If you loved this and want to share what came up for you then feel free to share your intentions and how you got on either by email therissewithinpodcast@gmail.com or if you are on Insta drop me a DM [@therissewithinpodcast](https://www.instagram.com/therissewithinpodcast)

BIG LOVE

Georgina Rose

X