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90

**JOURNALING
PROMPTS
FOR CLARITY**

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RAYOWAG.COM

1. What do I need right now? How do I get it?
2. Who can I talk to or charge my batteries with?
3. Where in my life is the balance off?
4. How is my inner child feeling?
5. Who do I want to connect deeper with in my life and why?
6. When was the last time I did something new?
7. What is outside of my comfort zone?
8. What feels comforting to me?
9. Is there anything new I wanna learn?
10. What is something I need help with and who do I ask for help?
11. Who do I want to become?
12. How do I want to feel in my life right now?
13. What is my purpose?
14. What are some easy acts of kindness I could do?
15. What do I love about myself?
16. Looking back 5 years, how much good have I achieved?
17. What kind of sentences do I need to tell myself more often?
18. What are my biggest fears and why?
19. How can I lower my anxiety about my biggest fears?
20. What am I currently trying to control that I can't control?
21. What can I learn from others?
22. What do I need to hear right now from others?
23. Are there any boundaries I need to set? Which ones?
24. Am I giving myself the love I want from others?
25. Am I currently giving myself too much pressure? Why?
26. Do I need to reset my priorities?
27. What advice would I give a friend that's in my current situation?
28. What is the opposite of where I want to be in 3 years?
29. What can I do so I don't end up at my worst self in 3 years?
30. How is my health physically and mentally? How do I need to improve?

1. What didn't I get enough of in childhood and how can I give that to myself now?
2. How can I be more mindful in my daily life?
3. What are 10 things I'm grateful for?
4. Where do I feel unheard right now and how can I make that known?
5. What bothers me in people around me? Do I have the same pattern?
6. How can I create vulnerability with others?
7. What is my definition of happiness?
8. What is my definition of rest?
9. What is my definition of success?
10. What do I need to let go of?
11. Which goal should I put my focus on to move forward faster with it?
12. Am I using social media too much? How can I reduce that time?
13. Why am I procrastinating at the moment?
14. What are traits I like in other people?
15. What are my negative beliefs about myself? How can I challenge them?
16. What are my negative beliefs about the world? How can I challenge them?
17. What are things I've been postponing for a while because other things were more important?
18. Am I taking good care of myself? How could I do better?
19. What would I change about my life if I could right now?
20. What are my values? Am I living in alignment with them?
21. Are there any unhealthy coping mechanisms I use? What are they trying to soothe and what is a positive replacement?
22. What is something good that happened in the last month?
23. Am I resting enough? How can I rest more guilt-free?
24. Is there anything constantly on my mind that I need to journal about?
25. Is there anything I need to forgive myself for?
26. What did I love doing as a child?
27. How does my ideal self care day look?
28. What are things I should stop doing?
29. What are things I should start doing?
30. What does a perfect day look like for me? How can I have more of them?

1. What are the little joys in my life?
2. What negative things do I think about myself, the world and the people around me?
3. What have you been avoiding?
4. What am I currently doing that doesn't serve my inner values?
5. What habits can I establish to help achieve my current goals?
6. How can I make today a happy day?
7. How do I define family?
8. What makes friendships good for me personally?
9. What helps me to do hard things?
10. What belongs into my survival kit for bad times?
11. What do I want to communicate better to the people I love?
12. How can I hold myself accountable better with my goals and habits?
13. What non-material things am I the most proud of in my life?
14. What are red flags I ignored in people in the past and how can I make sure to not repeat that?
15. How do I want people to remember me?
16. What do I regret the most and what did it teach me to regret less in the future?
17. Do I have role models and how similar to them am I?
18. What things do I do that my caregivers did growing up?
19. What can I do to help people less privileged than me?
20. How am I currently limiting my potential?
21. How is my environment holding me back at the moment?
22. Can I create systems to make hard tasks in my life easier? How would I do that?
23. What conflicts come up often in my life and how can I make myself clear without getting rude?
24. What is the best advice I've ever gotten and how did it change my life?
25. When was the last time I told my loved ones that I love and appreciate them? Can I show it to them better and long term?
26. What situations from the past seem like I could leave them behind with enough forgiveness work?
27. How do I want to feel in 5 years?
28. What helps me be consistent in whatever I do?
29. Where am I most likely to find new friends that share several interests with me?
30. How can I accept the good and the bad in life better?

LITTLE REMINDERS

You can do one prompt a day, or two prompts a week, however you like it. It is important to me that you take your time to sit with your thoughts and let yourself grow however you need to.

Healing isn't linear and this work isn't either. I sometimes go a month without journaling because I have deeper things to heal and that is okay.

Try to stick to these prompts without making it overwhelming, It can undoubtedly be a hard balance to create, but it is possible.

If you ever need more resources you can find them in my freebie library on rayowag.com, on my Instagram, and in my Story highlights. If you need a break from journaling you can listen to my podcast "**The Self Care Creative**" to dive deeper into some of the topics the prompts are about.

Either way, I hope you know how needed and enough you are every step of the way.

For creative seekers like you I'm currently working on a program that will encompass all parts of healing. You can check it out and pre-order by clicking on the button on the last page.

HEY CREATIVE! IT'S ME, RAY!

I'm so happy to see you commit to digging deeper into your whole self. I'm a content creator and creative chaotic who loves to teach people like you about balance of the mind and balance in life.

I can't wait to see your transformation and I'm so glad to have you as part of the squad now. I hope to see you around!



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PRE-ORDER

SELF CARE CAMP

What if I told you that you could learn all the tools that you need for a more balanced life and mind in just 6 weeks? I compiled the most helpful and life-changing activities, practices and advice that I've learned throughout my own 7 year long mental health journey and packed it into a 6-week-program for you to grow from it too!

[CHECK IT OUT](#)