



JOURNAL PROMPTS TO HELP YOU RECONNECT WITH YOURSELF

GENTLE REFLECTIONS FOR CLARITY,
HEALING, AND EMPOWERMENT

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Journey Within

Feel free to write your answers in a journal, the notes app on your phone, or even speak them aloud on a walk. There's no right or wrong way to reflect – just your way.

Come back to these as often as needed. Healing is not linear.

JOURNAL PROMPTS

Emotional Awareness & Clarity

- What emotions have I been avoiding, and what might they be trying to tell me?
- Where in my life do I feel out of alignment – and what small shift could help?
- What am I most proud of myself for surviving?

JOURNAL PROMPTS

Identity & Self-Worth

- Who am I outside of what I do for others?
- What would I do if I truly believed I was worthy?
- What beliefs about myself no longer serve the woman I'm becoming?

ABOUT ME

JOURNAL PROMPTS

Vision & Empowerment

- If I weren't afraid of judgment, what would I create, say, or start?
- What does the most empowered version of me know to be true?
- What does “freedom” mean to me right now – and what’s one step I can take toward it?

ABOUT ME
