

SELF-DISCOVERY

33

Journal

PROMPTS



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JOURNAL PROMPTS

1. What have you been avoiding that quietly asks for your attention?
2. What feels heavy right now?
3. What part of your day feels most alive?
4. What emotion have you been setting aside?
5. What does your current routine say about your days?
6. What drains your energy the most?
7. What brings you a sense of calm?
8. What are you holding onto out of habit?
9. What pulls you away from yourself?
10. What feels settled and right, even in a small way?
11. Where are you waiting for permission?





JOURNAL PROMPTS

12. What thought no longer feels true?
13. What story have you been telling yourself?
14. Where have things become more complicated than they need to be?
15. What have you quietly outgrown?
16. What expectation are you carrying that isn't yours?
17. What are you hesitant to admit you want?
18. What are you trying to keep control of?
19. What feels slightly off in your life right now?
20. What have you left unsaid?
21. What have you been putting up with that leaves you tired?
22. What have you been holding in?





JOURNAL PROMPTS

23. What have you been saving for “later”?
24. What might it feel like to let something go?
25. What do you need less of right now?
26. What feels unfinished?
27. What are you doing out of habit rather than choice?
28. What have you been avoiding because it feels uncomfortable?
29. What are you moving through too quickly?
30. What are you ready to set down?
31. How would you like your days to feel?
32. What is one small step you could take today?
33. What would change if you trusted your sense of things a bit more?

