



JOURNALING PROMPTS
FOR FINDING YOUR PURPOSE

Journaling Prompts

FOR FINDING YOUR PURPOSE

1. **What do you want to do this month?** What are 3 goals you have for March? List some action steps you can take to accomplish them?
2. Write down 5 daily affirmations for April – choose from the list below
3. How do you feel stuck right now?
4. What brings you joy?
5. What gives you a lot of energy when you do it?
6. How do you like to help others?
7. What has been your favorite job so far?
8. Describe some of the happiest moments in your life.
9. Why do you want to find your purpose?
10. What legacy would you like to leave behind?
11. In what ways are you not living out your purpose now?
12. Do you prefer working alone or with others?
13. Do you like to be at home or out in the world?
14. Do you enjoy being out in nature?
15. **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
16. What kinds of people do you like to work with?
17. What is your preferred environment to be in?
18. What guidance do you often give others?
19. What do you feel you are an expert in?
20. Describe your ideal day, from beginning to end.
21. What comes naturally to you?
22. In what ways do you live intentionally?
23. What do you prefer to wear to work?
24. What do you think the world needs more of?

- 25. List your favorite non-work related activities.
- 26. What do you often get complimented on?
- 27. What meaningful things can you add to your routine?
- 28. **Looking ahead to next month:** What events do you need to prepare for? What are you looking forward to?
- 29. **Month in Review:** What lessons did you learn this month?
- 30. **Month in Review:** How did this month go? Which goals did you complete? What do you still need to work on?

Bonus Prompts

- How can you provide more acts of service?
- How do you help the less fortunate?
- What did your parents or guardians tell you that you're good at?
- What would your friends tell you is your purpose?
- How are you grateful for the life you are already living?
- What are 5 things that bring you passion?



A series of horizontal lines providing space for writing or journaling.

Affirmations

FOR FINDING YOUR PURPOSE

I have the answers I need

I am fearless

I attract only what is best for me

My dream life is orchestrated for me

I accept all obstacles and opportunities for growth

I learn from my mistakes

I never fear the unknown

I embrace change

I am willing to adapt

I am adaptable and open-minded

I love being me

I am allowed to feel how I feel



Daily Affirmation: _____

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Daily Affirmation: _____

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