



# 25 Journal Prompts to Help You Reach Your Goals

1. What would you most like to create in your life or the biggest changes you feel you need?
2. Journal your goals in order of importance.
3. What would you like your lifestyle to be day to day? How do you want to spend your time?
4. Describe what lifestyle factors might be holding you back from your goals. Money, health, location, or support network for example? Or something else?
5. Are there any fears, anxieties, insecurities, or negative thoughts you carry about your goals or dreams?
6. What goals or dreams feel unrealistic to you and why? Which feel most do-able?
7. What mindset adjustments could help you reach your goals?
8. What mindset practices could help you achieve your goals and dreams? For example, meditation, forgiveness, being present, giving yourself grace, etc. Describe in detail.
9. Why are your goals and dreams important to you?
10. How motivated or determined are you to reach your goals and dreams? How strong are your feelings about each goal?
11. What do you tell yourself about your goals and dreams? What words do you think when you think of your goals?
12. Journal what your friends and family say about your goals and dreams. How helpful or unhelpful are they? (Regardless, you have to be your own cheerleader, but it's good to notice.)
13. What will happen in your life and how will you feel when you reach your goals?
14. How "set in stone" is each goal? Do you see fluidity or any other possibilities? How open are you to change? (Because life changes. Not that is necessarily will, but it's good to acknowledge "going with the flow".)

15. Describe how your spiritual beliefs affect your goals. For example, do you trust in God or a higher power to support you, or do you feel atheist in your beliefs? Did this question make you feel uncomfortable, happy, or some other way and why?
16. How can you take steps towards your goals and dreams each day? Journal a daily goal plan.
17. What steps can you take each week, month, or year towards your goals? Journal a “birds eye view” type plan.
18. Journal some positive words of encouragement to yourself.
19. Journal all the happy feelings that come when you visualize reaching your goals.
20. Are there ways you can conjure up those same feelings now, to help manifest or speed along the process of reaching your goals? (This is a manifestation method- try to feel the emotion of having what you want and that will help you to get what you want!)
21. How can you enjoy the present moment and limit stress now, before you reach your goals? And how will doing so help you reach those goals?
22. What dreams are so big you'd be embarrassed to share? Or any dreams you don't dare to dream? What seems impossible?
23. Write about why you can reach your goals.
24. How much do you have on your plate right now? What are your responsibilities and priorities? Is there anything you need to let go of or put on the back burner so you can reach your goals?
25. What must you learn or experience before you can reach your goals and dreams?