



# GAINING CLARITY



## *Journalling Prompts*

Sometimes it's hard to silence all the noise in our minds to truly know what we want. Get your journal out and answer these journalling prompts below to help you begin your journey of clarity.

What am I afraid of?

Why does it make me feel afraid?

What is this telling me that I need? (i.e. respect, to be seen fully, acceptance, communication, equality, love, affection, safety, to be heard, security, appreciation...)

Where in my life have I most needed this and from whom? (ie. in childhood, adolescence, early twenties?)

Can I trace this back to a specific memory where this need was very apparent and painful?

What tasks can I set myself to improve my lifestyle?



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## *Journaling Prompts*

Sometimes it's hard to silence all the noise in our minds to truly know what we want. Get your journal out and answer these journaling prompts below to help you begin your journey of clarity.

**What am I afraid of?**

**What fear comes up around clarity?**

**What is this telling me that I need? (i.e. respect, to be seen fully, acceptance, communication, equality, love, affection, safety, to be heard, security, appreciation...)**

**Where in my life have I most needed this and from whom? (ie. in childhood, adolescence, early twenties?)**

**Can I trace this back to a specific memory where this need was very apparent and painful?**

*Female Magik*