# So Tell Me How You Really Feel – Reflection Journal

Building the muscle of inner knowing takes practice. Use these prompts to help you reflect, reset, and respond to your own wisdom.

***These journal prompts are for anyone standing at the edge of change. Whether you’re trading a long-time role for something or considering change of any kind.***

1. What part of me is trying to speak right now—my body, my mind, my spirit?
2. Where in my life am I choosing safety over joy? What would it take to shift that?
3. If I weren’t afraid, what bold move would I make tomorrow?
4. What have I been blaming on burnout, that might really be a lack of alignment or interest?
5. Whose expectations am I still trying to meet—and do they even matter to me anymore?
6. What does my body know that I’ve been ignoring?
7. What would it look like to prioritise myself today, even in a small way?
8. When was the last time I felt fully alive, and what was I doing?
9. What would it feel like to let go of the shore?
10. What truth has been whispering to me, again and again?