

# Marissa Jacobs, Inc.

## Winter 2018 Journal Prompts

What do you need to give voice to in your life?

Who inspires you to show up as your best self?

What are you doing when you feel like you are in flow? (*flow is when you are totally in your element, absorbed in what you are doing, and time is standing still*).

Do a scan of your entire body. Close your eyes. Track from your head to your toes, and notice how your body is feeling in each part. Write down what you notice, and if you notice a part of you that needs some attention, what do you need to do for it?

If you were to write a book what would you write about?

Describe your perfect self-care day.

How is your current relationship with money? What does money mean to you?

What would you do if money were no object?

What have you already achieved so far in 2018?

Which part of yourself are you most proud of?

What type of food makes your body feel best? Which dishes would you order or cook to make you feel nourished?

What do you value? List at least 10 things.

If you could live anywhere, where would you live? Why?

What are the qualities you look for in a romantic partner? In a friend? In a business partner?

How are you creative? What can you do to add more creativity to your daily life?

What is it like for you to ask for help? How do you ask for it when you need it? Is there something in your life that you need to ask for some help with?

What holds you back from reaching your full potential?

What is your self-talk like? Are you kind to yourself in your head, or your own harshest critic? How can you improve that self-talk to be more loving?

Describe where you want your life to be one year from now.