JOURNAL PROMPTS FOR SELF-REFLECTION

Do you feel connected to your intuition? Explain...

Are there times when you disregard your gut feeling because of other people? What can you do moving forward to better listen to and honor that inner knowing?

Do you believe in God? Or do you prefer to use another word to describe a higher power? What is your understanding of this power?

Do you feel connected or disconnected from a higher power? Do you think you can benefit from focusing on strengthening this relationship more?

What are your spiritual practices that you like that help you feel connected to a higher power? Are there other practices you’d like to commit to doing or doing more often?