

HEAL WITH JO

# 21 DAYS OF JOURNAL PROMPTS

21 thought provoking journal  
prompts, to continue your journal  
flow & keep your heart open.

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# *intentions*

E A C H J O U R N A L P R O M P T H A S  
B E E N C A R E F U L L Y W R I T T E N , F O R  
Y O U , T O O P E N Y O U R M I N D &  
A C C E S S Y O U R H E A R T , T O G E T  
Y O U I N T O T H E H A B I T O F  
M I N D F U L J O U R N A L I N G .

A L L O W Y O U R S E L F T H E T I M E &  
S P A C E , E A C H D A Y , T O S I T W I T H  
A P R O M P T & L E T Y O U R M I N D  
S P I L L O N T H E P A G E .

D O N O T J U D G E , S E C O N D G U E S S  
O R Q U E S I O N W H A T C O M E S  
T H R O U G H , T R U S T & R E L E A S E  
T H E T H O U G H T S & E N E R G I E S  
T H A T N O L O N G E R H A V E  
W E L C O M E D S P A C E W I T H I N Y O U .

# *ritual*

FIND A NICE SPACE WHERE YOU  
CAN JUST 'BE'.

GET YOURSELF A GLASS OF  
WARM LEMON WATER OR A CUP  
OF TEA,  
LIGHT A CANDLE,  
PUT ON SOME GENTLE MUSIC,  
CLOSE YOUR EYES  
& TAKE 3 DEEP BREATHS.

OPEN YOUR HEARTSPACE &  
YOUR MIND & INVITE YOUR  
HIGHEST SELF TO COME  
THROUGH & GUIDE YOUR WORDS  
ON THE PAGE, RELEASING ALL  
ENERGIES WHICH ARE NO  
LONGER SERVING YOU.

D A Y

01

What do you  
feel is your  
unique purpose?

O F

21







D A Y

02

W h a t m a k e s y o u  
f e e l f u l f i l l e d ?

H o w c a n y o u  
b r i n g m o r e o f  
t h i s i n t o y o u r  
l i f e ?

O F

21







D A Y

03

W h a t a r e y o u a f r a i d  
t o f a c e ?

W h a t i s t h e w o r s t  
t h a t w o u l d h a p p e n i f  
y o u d i d ?

W h a t i s t h e b e s t  
t h i n g t h a t w o u l d  
h a p p e n i f y o u d i d ?

O F

21





D A Y

04

What are you  
afraid to let go  
of & why?

O F

21





D A Y

05

In what areas of  
your life are  
you standing in  
your own way?

O F

21





D A Y

06

What does  
spirituality mean  
to you?

O F

21



D A Y

07

What will you do  
this week, to  
take you one step  
closer to your  
goal?

O F

21





D A Y

08

Who is your  
definition of  
you?

O F

21





D A Y

09

Who inspires you?  
What is it about  
them that  
inspires you  
How can you bring  
that energy into  
yourself/your  
life?

O F

21



D A Y

10

What opportunities  
have come your way  
recently, that you  
are grateful for?  
How did you open  
yourself up to  
receive those  
opportunities?

O F

21





D A Y

11

What piece of  
advice do you  
most often give,  
but least often  
follow & why?

O F

21



D A Y

12

What is the  
best piece of  
advice you've  
been given?  
How had that  
turned out to  
be helpful since  
hearing it?

O F

21



D A Y

13

If you were to get  
a quote tattooed  
on you, what  
would it say?  
What does this  
quote mean to  
you?

O F

21





D A Y

14

How will you  
align your energy  
this week?

O F

21



D A Y

15

W h o a r e y o u  
w h e n y o u a r e  
f e e l i n g l o v e d ?

W h o a r e y o u  
w h e n y o u a r e  
n o t f e e l i n g  
l o v e d ?

O F

21



D A Y

16

What does success  
mean to you?

O F

21





D A Y

17

From my early  
years, I have  
learned...

O F

21



D A Y

18

How are you  
currently  
taking care of  
yourself?

Where can you  
make more room  
for self-care?

O F

21



D A Y

19

C l o s e   y o u r   e y e s  
a n d   i m a g i n e   t h e  
k i n d   o f   w o r l d  
y o u   w o u l d   l i k e  
t o   s e e .  
W h a t   i s   i t   l i k e ?

O F

21



D A Y

20

How do you want  
to be  
remembered?

O F

21





D A Y

21

W h a t d o e s y o u r d r e a m  
l i f e l o o k l i k e ?

W h a t a r e y o u d o i n g ?

W h a t h a v e y o u  
a c c o m p l i s h e d ?

W h o a r e y o u w i t h ?

( D o n ' t j u d g e w h a t c o m e s  
t h r o u g h , j u s t l e t t h e  
i d e a s f l o w & w r i t e ! )

O F

21



*thank you*

C O N G R A T U L A T I O N S   O N  
C O M P L E T I N G   Y O U R   2 1   D A Y S   T O  
C O N T I N U E   Y O U R   J O U R N A L   F L O W  
&   O P E N   Y O U R   H E A R T .

I T   I S   W I T H   H O P E   T H A T   Y O U  
H A V E   N O W   F O R M E D   Y O U R   N E W  
H A B I T   I N   J O U R N A L I N G   &   C A N  
I N C O R P O R A T E   T H I S   I N T O   E A C H  
D A Y ,   Y O U   A R E   B L E S S E D   W I T H .

Y O U   C A N   O F   C O U R S E   C O M E  
B A C K   A N D   R E - V I S I T   T H E S E  
P R O M P T S ,   A N Y   T I M E   Y O U   F I N D  
Y O U R S E L F   S T U C K   -   J U S T   F L I P  
O P E N   T O   W H I C H E V E R   P A G E   Y O U  
F E E L   C A L L E D   T O !

S E N D I N G   L O V E   &   L I G H T ,  
F R O M   M Y   H E A R T ,   T O   Y O U R S  
N A M A S T E .