

HEAL WITH JO

21 DAYS
OF JOURNAL PROMPTS
TO BEGIN YOUR JOURNAL FLOW

BY JOANNE MULQUINEY

intentions

EACH JOURNAL PROMPT HAS
BEEN CAREFULLY WRITTEN, FOR
YOU, TO OPEN YOUR MIND &
ACCESS YOUR HEART, TO GET
YOU INTO THE HABIT OF
MINDFUL JOURNALING.

ALLOW YOURSELF THE TIME &
SPACE, EACH DAY, TO SIT WITH
A PROMPT & LET YOUR MIND
SPILL ON THE PAGE.

DO NOT JUDGE, SECOND GUESS
OR QUESTION WHAT COMES
THROUGH, TRUST & RELEASE
THE THOUGHTS & ENERGIES
THAT NO LONGER HAVE
WELCOMED SPACE WITHIN YOU.

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



T o d a y I f e e l . .

O F

21

D A Y

02

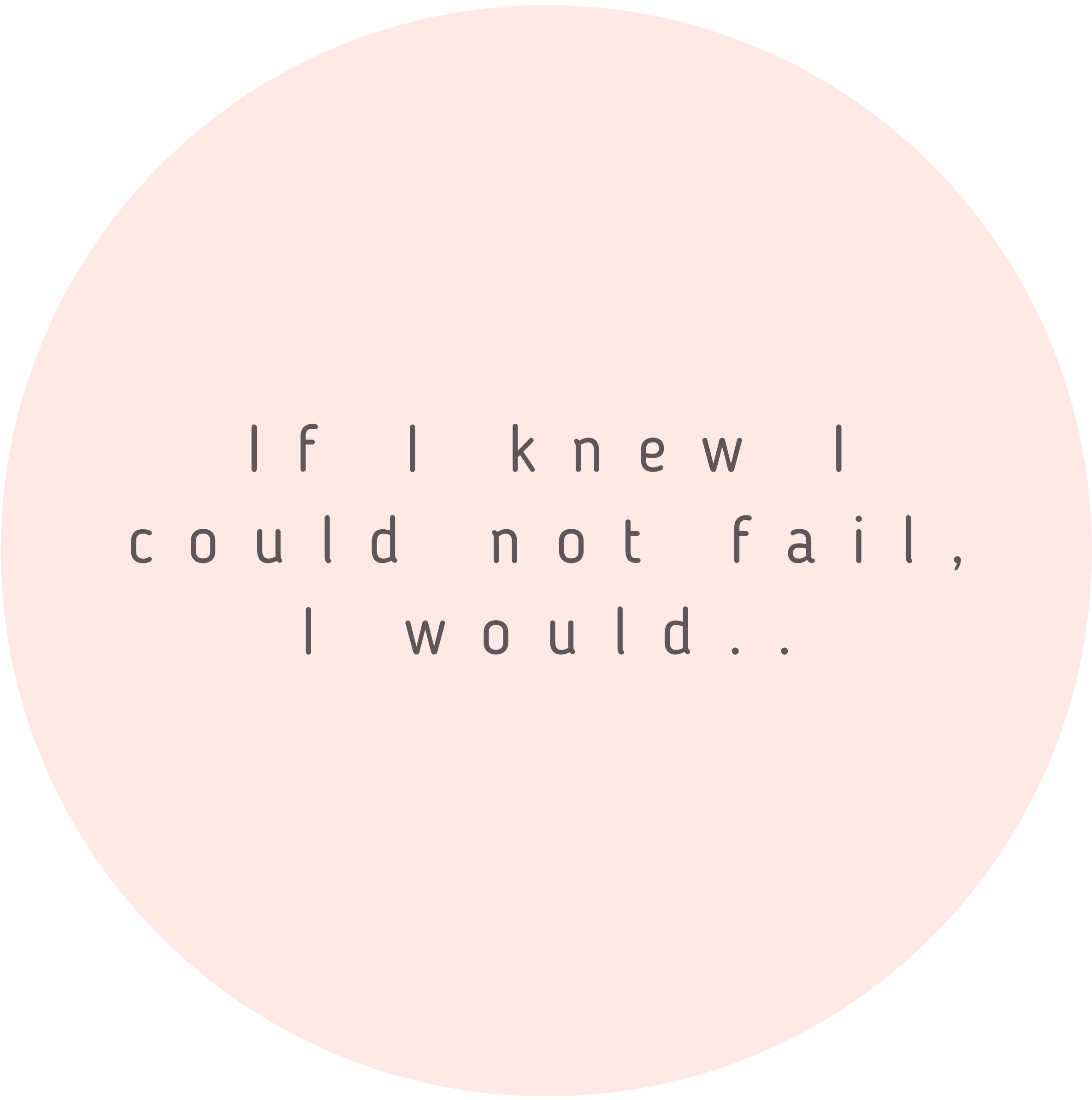
I a m h a p p i e s t
w h e n I . .

O F

21

D A Y

03



If I knew I
could not fail,
I would..

O F

21

D A Y

04

If my body could
talk, it would
say..

O F

21

D A Y

05

W h a t w o u l d y o u
d o i f m o n e y w a s
n o t a n o b j e c t ?

O F

21

D A Y

06

This week I
learned..

O F

21

D A Y

07

3 things I'm
looking forward
to this week are..

O F

21

D A Y

08

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

O F

21

D A Y

09

What goal are you
working towards?
Who can help you
with this goal &
what can you ask
them for?

O F

21

D A Y

10

W h a t i s
s o m e t h i n g y o u
w a n t t o d o , b u t
h a v e n ' t y e t
b e c a u s e o f f e a r ?

O F

21

D A Y

1 1

If I could live
a day without
consequences,
I would..

O F

2 1

D A Y

12

What are 3
things you
accomplished
this week that
you are proud
of?

O F

21

D A Y

13

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

O F

21

D A Y

14

How are you
going to show up
for yourself this
week?

O F

21

D A Y

15

This week I will
give myself
credit for...

O F

21

D A Y

16

W h a t d o e s s u c c e s s
m e a n t o y o u ?

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

What are you
learning about
yourself right
now?

O F

21

D A Y

20

Finish the
sentence: Right
now, I am...
Then finish the
sentence: "I want
to be..."

O F

21

D A Y

21

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

D e s c r i b e i t f r o m
w a k i n g u p , t o
g o i n g t o s l e e p

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 21 D A Y S T O
B E G I N Y O U R J O U R N A L F L O W .

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 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 .