



THRIVE CREATIVE COMMUNITY

Illuminating Journal Prompts

Self-Discovery and Art-Making Course

Here are some illuminating journal-writing prompts. You don't need to answer all of them. Pick one or two and delve in deeper. Follow the rabbit hole! Free write in your journal whatever comes to mind and cut out images from your magazines etc. that speak to you as you are thinking about the questions.

- What did you learn about your creativity as a child? Were you supported? Did you feel judged? Why and what for? How did you cope? Do some of those coping mechanisms affect you now?
- If there was something you could change in your life, what would it be? Write as many as you need. If there aren't any, woohoo!
- What in your life right now brings you joy? (try not to say what you think you're supposed to say 😊) How can you get more of that?
- What do you want more of in your life?
- Who are the influential people from your childhood. What did you "learn" from them?
- How is your stress level in your life? What would you like to change?
- Think about the areas of in your life of career, relationship, spirituality, self care. How would you rate each in terms of satisfaction? Why might one be suffering? Or why might you be more focused on one than others? How would you like to change that and if you did, how would you feel?