

Journal Prompts

10 questions to ask the woman you have been too busy to check on

Pour yourself something good. Find 20 minutes you actually keep for yourself. Then answer these honestly. Not the polished version. Not the version you would say out loud at dinner. The real one.

This is just between you and the page.

1

When did you last feel fully like yourself? What were you doing?

Not performing, not managing, not taking care of someone. Just you, in your element.

2

What is something you do for others that you have never once done for yourself?

Not what you should do. What you actually haven't.

3

What have you been telling yourself is selfish, that might actually just be necessary?

The rest, the space, the no, the want.

THE PRETTY TRUTH

“You cannot pour from empty. You cannot show up fully for anyone else while you are quietly disappearing from yourself.”

4

If a friend described your life to you, what would she say you are missing?

She loves you. She is honest. She has been watching quietly. What does she see?

5

What is one thing you used to love that you have quietly let go of?

Not because it stopped mattering. Because everything else took priority.

6

Where in your life are you saying yes when everything inside you is saying no?

You know the ones. They are not hard to find.

7

What does the best version of your day look like? How close are you to that right now?

Not a fantasy. A realistic, reachable version of a really good day.

8

What would you do differently if you stopped worrying about what people thought?

All of it. The clothes, the path, the opinion, the timeline.

9

What do you need to hear right now that nobody has said to you yet?

Write it down. Then read it back. You needed to hear that.

10

One year from now, what do you want to be able to say was different?

This is your permission slip. What is it for?

The Pretty Truth

theprettytruth.com

Always rooting for you. Xo, Maria