



DEEP JOURNALING PROMPTS

to connect to your dreams

Grab some quiet time, a cup of tea or coffee, and ponder these 7 questions:

1. What do you really, really, REALLY want?
2. If there was a secret passion in your life, what would it be?
3. If there was something you were avoiding or running away from, what would it be?
4. What's missing in your life—what do you yearn for?
5. What's your dream for this lifetime?
6. What are you NOT ready to change yet?
7. Who will you have to become to have all that you want?

WHAT **1** ACTION COULD YOU TAKE TODAY THAT WOULD MOVE YOU CLOSER TO YOUR DREAMS?

