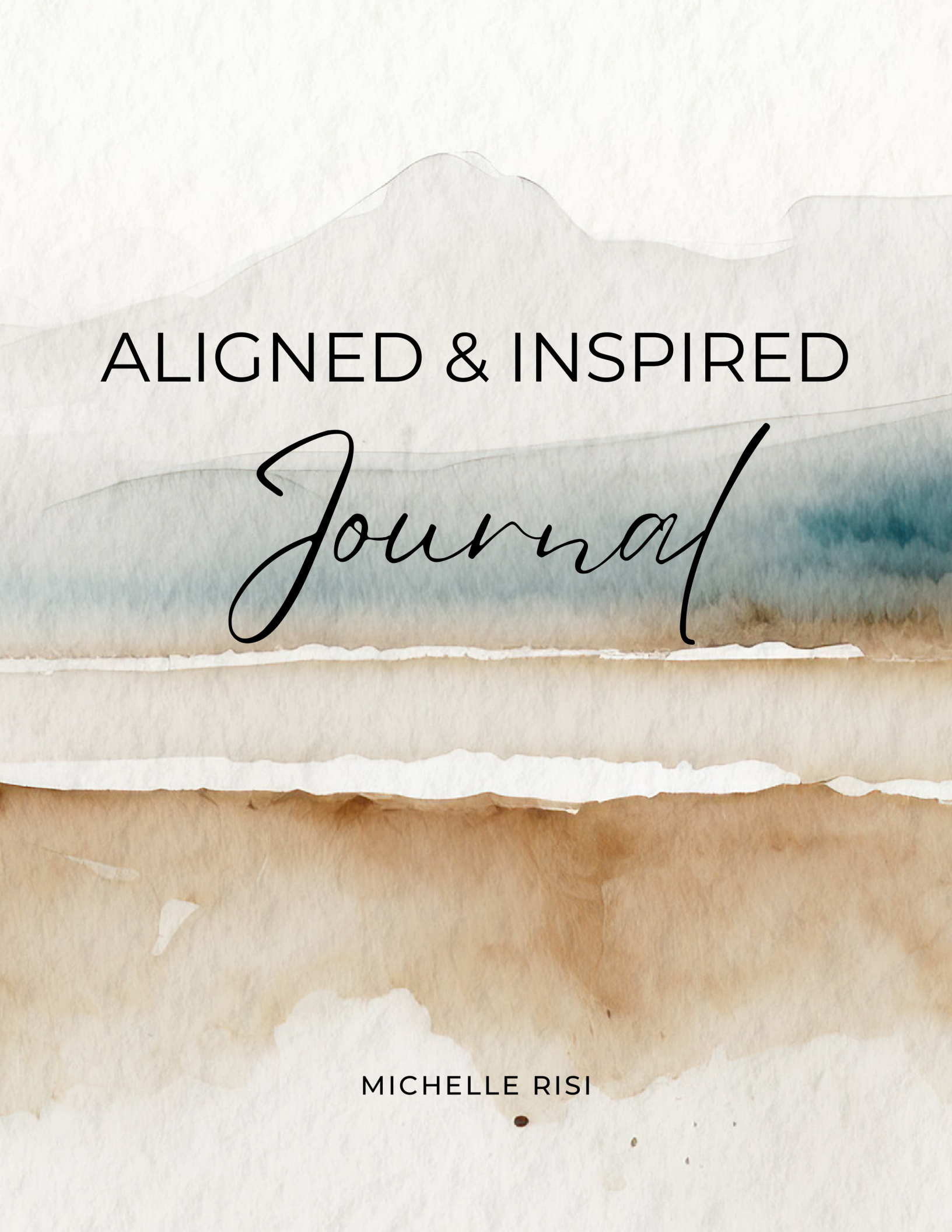




ALIGNED & INSPIRED

Journal

MICHELLE RISI

Welcome to your journey of self-discovery!
Inside these virtual pages, you'll uncover 50+ prompts
designed to guide you toward self-awareness and
growth.

Journaling is like having a heart-to-heart with yourself.
It's a way to dig deep into your thoughts, connect with
your emotions, and find insights and wisdom that you
didn't know you had!

**There is no right or wrong way to go through this
journal, but I do have one piece of advice.**

Immerse yourself in it.

Avoid trying to tackle this as a project that needs to "get
done". Instead, try picking one prompt per week. I like
to read my prompt and write what is present to me in
that moment. Then, I close the book and allow the
prompt to simmer in my mind as I go about my normal
routine. Doing this gives me space to notice how the
theme of the prompt shows up in my life. *You'd be
surprised at the layers that reveal themselves.* And
then, after a few days or so, I carve out time to sit down
and write; capturing the wisdom and insights that
surfaced throughout the week.

Remember, it's your journey. Write freely, let your heart
lead, and get ready for eye-opening discoveries.

~ Michelle

**What is the most meaningful
relationship in your life right now and
how has it helped you?**



What is one thing you regret in your life and what can you learn from it?



What does your inner voice want you to say right now, and why are you holding back from expressing it?



If you knew that today was your last day on earth, who would you want to call and what would you want to say?



**If there was no such thing as failure
and no fear that you'd disappoint
people, what would you do?**



What excites you most about your life right now?



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What advice would your “younger” self give your “present” self about your current life situation and the choices you’ve made?



If you could travel anywhere in the world and money and time was no object, where would you go? Why?



What memories or experiences from your childhood still have a hold over you, either emotionally or in the way you show up in your life and make decisions?



What is the riskiest thing you've done
that brought you joy?



**Describe an average day in your childhood life and compare it to an average day in your current life. How is it different? Similar?
Is there anything you want to change?**

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What things are you avoiding dealing with in
your life right now?

Think about people, conversations, situations,
opportunities, thoughts, emotions....



Fill in the blank: I find it hard to admit....



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Write a letter to your future self. Think about what you want your life to look like 10 years from now. Describe what you're doing, Where you're living, What you're most proud of, What you did to get there.



There's a moment in our lives where we "see" ourselves. Maybe it was the first time you noticed the shape of your face? Or your skin color? Or your identity? See if you can recall that experience and write about it.



**What memory or past experience makes
you smile when you think about it?
Describe it, What emotion do you feel?
Why does it make you feel this way?**



If you knew today was your last day on earth, what message would you want to share with the ones you leave behind?



Fill in the blank: I'm secretly afraid of..



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What dreams have you had since your childhood that have yet to come true?



What are the words you need to hear most right now , and who would you like to hear them from?



What fears are you most present to today? What are they stopping you from doing?



If you could go back to a time in your life where you felt hurt, what advice would your “present” self give your “younger” self?

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When you think of the relationships you have in your life right now, which ones are good for you? Which ones challenge you? Which ones do you need to change?



Think back to when you were younger -
when did you feel most free, alive and
joyful? What elements of that can you
bring to your present life?



What emotions do you have a hard time expressing? How is not expressing this emotion impacting you and what you want to feel in your life?



**What do you think you're on this Earth for?
What things do you do that add meaning
to your life? How do you feel you add
purpose to others lives?**



Who has been an influential figure in
your life? In what ways have they
helped you?



**What can people in your life always count on
you for?**

**Do you appreciate these qualities about yourself?
Where are you not embracing this in your life?**



If money were no issue, describe one perfect day spent? Where would you go? What would you do? Who would you spend it with?



What things make you feel alive and fulfilled, and how can you pursue them more?



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What creative things did you used to do when you were younger that you enjoyed? What did you love about doing them? How can you bring this (or aspects of this) into your life today?

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**What ways can you be a better friend,
partner, family member? What holds you
back from being this version of yourself?**



**What skills or knowledge gaps are holding you back from taking the next step in your life?
What is stopping you from acquiring these skills or knowledge?**



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**What situation or experience do you
never want to have happen again in
your life, and why?**



How are you, really?

We often skim over our emotions and don't fully acknowledge how we're feeling.

So answer this - How are you, really?



Write a letter to yourself, expressing all the things you love and appreciate about yourself and why you love and appreciate it.



Think about all the areas of your life (health, self-love, relationships, emotions, career, money, spirituality etc.). What areas of your life do you feel most powerful and in control of?



**Think about a fear that is holding you
back from achieving what you want.
What is this fear protecting you from?**



When things get challenging for you, what coping strategies do you turn to?
Is there anything you'd like to change or do differently instead?



Where do you go in your head when you daydream? Describe it? How does it feel? What are you doing? What do you notice?



What is a past decision that you judge yourself for? What is it that you regret about that decision? Can you find something positive that resulted from that decision?



Memories are often fleeting. Take some time to write down some memories you have about growing up. Where were you? Who were you with? What happened? How did you feel?



**What did you dream of doing as a child?
What do you dream of doing now? Do you
notice anything in common between the
dreams?**



What can you thank yourself for? Write yourself a thank you note acknowledging yourself for things you've achieved and what you've overcome.



What kind of person do you want to be? How do you want to be remembered?



Use your jealousy as a compass for your desires. What things do you envy about others? You can either think of someone specific or think about things in general.



What is something you notice going on around you in the world today that you can't turn a blind eye to? What emotions or memories surface for you? Why is this important to you?



**Fill in the blank: If someone asked me
to describe myself right now, I would
say...**



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Grief shows up in many ways. Ignoring the grief won't make it go away. Give it a voice.. Make a timeline of your life beginning with your earliest memory



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What is something you are most proud of that you accomplished or overcome in your life? What helped you achieve it?



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What is your love language? What things do the people in your life do that tell you they love you? How do you recognize love?

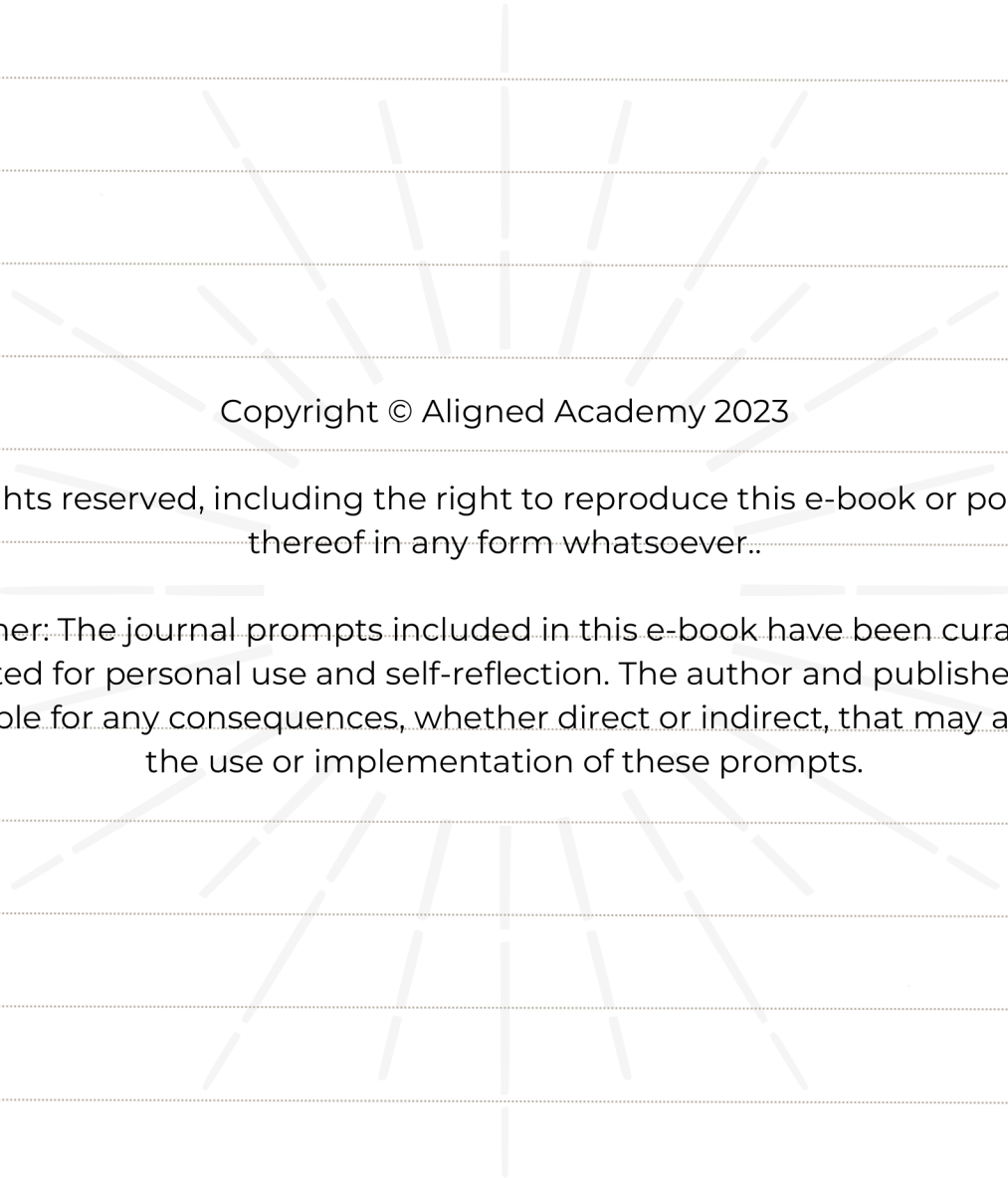


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If you knew today was your last day on earth and you could make any dream happen for yourself, what would you want?







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