

ANGELIQUE MERCURIO

ANGEL'S FRIENDLY COACHING

# JOURNAL PROMPT FOR SELF DISCOVERY

[WWW.ANGELSFRIENDLYCOACHING.COM](http://WWW.ANGELSFRIENDLYCOACHING.COM)

1. Write out what your new identity is if you follow your dreams. Knowing who you will be when you follow your heart can help you better understand the hurdles you need to overcome!
2. What belief is holding me back? Can you identify what is stopping you? Once you understand this belief it is easier to change it and move forward.
3. What do I need to work on to make me a better person? Knowing where you need to go helps you to better understand yourself today. And helps you prioritize what you need to work on.
4. What positive changes have come from this difficult time? There is always positive from the bad. Even if you need to dig deep, it is there!
5. What am I trying to accomplish with my actions? Sometimes we don't even know why we are doing something! Dig deep to figure out what your real motives are.
6. Why am I looking for approval? Trying to chase approval from others can lead us to not even knowing who we are. The best way to find ourselves is to dig into the why behind what we are trying to achieve.
7. What am I accepting as Truth that is not? Challenge your current way of thinking. What do you assume is a truth that when you dig deep it really is not?
8. List all the questions you have about what is going on in life now. Sometimes we just need to get all our life questions listed out. Then the universe can send us the answers when we are ready for them. We don't have to have the answers all the time.
9. Write down one problem you have, then list why you think it exists. I challenge you to think of reasons that you have not thought of for its existence. Do this without blaming yourself or anyone else.
10. Why would I not want my dreams to come true? As much as we want our dreams, it does mean change. What change would you not want if your dreams come true?
11. Is this the right time for the action I am trying to take? What would it accomplish? What do you want it to accomplish?
12. What makes you think you are not good enough? Put real words to the feeling. What is making you believe this? Were you told it? Are you just assuming? It is also helpful to define what good enough is.
13. What unnecessary pressure am I putting on myself? Too often we stress ourselves out over things that really don't deserve the time. Or they are for someone else and not you. Is it time to let go of some of those?
14. What do I need to forgive others for? Make a list and start working on forgiveness. The power behind forgiving is life-changing. (For more on how to forgive.)

15. Whose feelings am I carrying? Is it time to give them back?

Many times we take on other people's feelings and assume they are ours. Especially if you are an empath. Identifying what is really your feeling can empower you to stress less because you are carrying less.

16. Do you want what you have now? Or are you scared of the unknown that change would bring? We often stay in toxic situations because the unknown is scarier than the known. Take some time to explore if you want what you have or if it is fear.

17. Am I telling myself what I want to hear or the real truth? We lie to ourselves. Everyone does it. Part of our journey is discovering what things we are telling ourselves are not true.

18. What am I really angry about? Too often what we think is upsetting us is not the real problem. The real problem can be from issues building up over time. What else may be causing you to be angry?

19. Is that my responsibility? We often take on too much responsibility that is not ours. Not just tasks, but also emotions and dreams.

20. Why do I feel like I need to be validated by others? Why are you looking for approval from others? Identifying why can help you change that belief!

21. What matters the most to me? When push comes to shove, what stays and what goes?