

Reframing Ministries

Journal prompts to help you relax and reflect

How does your life look different than you expected?

What is one thing you need to let go of?

List five good things about today or this season of life?

What is one adjustment you would like to make to your morning?

What is a new skill that you would like to learn and how can you learn it?

What is one long term goal you want to work towards?

How are you taking time to care for yourself?

What is something you are scared to do, and how can you overcome it?

What is your favorite childhood memory?

What is your favorite Bible verse and why?

How has God used your story in a positive way?

Write down the lyrics to a favorite song that gives you hope or energy.

Draw a picture of something that makes you happy.

What gives you peace?

What is something you've been putting off that you need to do? Design a do-able 3-step plan.