



Journal Prompts

Pull one card, write for ten minutes, close the notebook.

HOW TO USE THIS DECK

1. Print on A4. Card stock works best, plain paper is fine.
2. Cut along the grey lines - nine cards per sheet.
3. Keep the three levels in separate piles, or shuffle them together.
4. One person reads a card. Everyone answers. No skipping twice in a row.

LEVELS

Daily - 20 cards

Weekly - 20 cards

Deep Work - 20 cards

SELF-REFLECTION Describe today in five sentences, no editing. DAILY 01	SELF-REFLECTION What did I notice today that I would normally miss? DAILY 02	SELF-REFLECTION Write about the last conversation that stayed with me. DAILY 03
SELF-REFLECTION What do I want tomorrow to feel like? DAILY 04	SELF-REFLECTION List ten things that are currently fine. DAILY 05	SELF-REFLECTION What has taken up the most energy this week? DAILY 06
SELF-REFLECTION Describe a place I felt calm in, in detail. DAILY 07	SELF-REFLECTION What am I looking forward to, and what's in the way? DAILY 08	SELF-REFLECTION Write a thank-you I'll never send. DAILY 09

SELF-REFLECTION What did I need today that I didn't get? DAILY 10	SELF-REFLECTION Describe my current routine honestly, without judging it. DAILY 11	SELF-REFLECTION What made me feel something today? DAILY 12
SELF-REFLECTION What have I been reading, watching, or listening to, and why that? DAILY 13	SELF-REFLECTION Write about a small object I own and where it came from. DAILY 14	SELF-REFLECTION What is the loudest thought in my head right now? DAILY 15
SELF-REFLECTION What did I do well this week? DAILY 16	SELF-REFLECTION Describe someone I saw today whose life I know nothing about. DAILY 17	SELF-REFLECTION What would I do with a completely empty Saturday? DAILY 18

SELF-REFLECTION What am I curious about this month? DAILY 19	SELF-REFLECTION Write down what I'd tell a friend having my exact week. DAILY 20	SELF-REFLECTION What am I avoiding writing about? WEEKLY 01
SELF-REFLECTION What have I outgrown but not yet put down? WEEKLY 02	SELF-REFLECTION Write about a decision I'm circling. WEEKLY 03	SELF-REFLECTION What does my inner critic actually sound like — write its words? WEEKLY 04
SELF-REFLECTION What was the turning point of the last five years? WEEKLY 05	SELF-REFLECTION Write a letter to myself one year from now. WEEKLY 06	SELF-REFLECTION What do I want that I've never said out loud? WEEKLY 07

SELF-REFLECTION Describe a fear in detail until it gets boring. WEEKLY 08	SELF-REFLECTION What am I performing, and for whom? WEEKLY 09	SELF-REFLECTION Write about a relationship that changed shape. WEEKLY 10
SELF-REFLECTION What would I do if I trusted myself completely? WEEKLY 11	SELF-REFLECTION What do I keep saying yes to, and why? WEEKLY 12	SELF-REFLECTION Describe the version of me that exists when nobody needs anything. WEEKLY 13
SELF-REFLECTION What have I learned the hard way this year? WEEKLY 14	SELF-REFLECTION Write about a compliment I can't accept. WEEKLY 15	SELF-REFLECTION What patterns keep showing up in my life? WEEKLY 16

SELF-REFLECTION



What have I been grieving quietly?

WEEKLY 17

SELF-REFLECTION



Write about a door I closed and still look at.

WEEKLY 18

SELF-REFLECTION



What do I need to say to someone, and what stops me?

WEEKLY 19

SELF-REFLECTION



Describe the life I'd design if nobody were watching.

WEEKLY 20

SELF-REFLECTION



Write about the thing I've never written about.

DEEP WORK 01

SELF-REFLECTION



What did I have to become as a child, and what did it cost?

DEEP WORK 02

SELF-REFLECTION



Write a letter to the person who hurt me most — not to send.

DEEP WORK 03

SELF-REFLECTION



What am I most ashamed of, and what would compassion say about it?

DEEP WORK 04

SELF-REFLECTION



Write about a loss I've never fully faced.

DEEP WORK 05

SELF-REFLECTION



**What do I believe I deserve,
and where did that belief come
from?**

DEEP WORK 06

SELF-REFLECTION



**Write to the version of me at
my lowest point.**

DEEP WORK 07

SELF-REFLECTION



**What would I have to give up
to become who I want to be?**

DEEP WORK 08

SELF-REFLECTION



**What truth have I been circling
for years without landing on?**

DEEP WORK 09

SELF-REFLECTION



**Write about the person I would
have been without one specific
event.**

DEEP WORK 10

SELF-REFLECTION



**Write about the anger I insist
I've let go of.**

DEEP WORK 11

SELF-REFLECTION



**Write my own eulogy as it
would be today, honestly.**

DEEP WORK 12

SELF-REFLECTION



**What have I forgiven that I
shouldn't have, and what
haven't I forgiven that I should?**

DEEP WORK 13

SELF-REFLECTION



**Write about the part of myself I
abandoned to be accepted.**

DEEP WORK 14

SELF-REFLECTION



What would change if I stopped being afraid of being ordinary?

DEEP WORK 15

SELF-REFLECTION



Write about the last time I felt fully myself, and what ended it.

DEEP WORK 16

SELF-REFLECTION



What am I waiting for, and what happens if it never comes?

DEEP WORK 17

SELF-REFLECTION



Write down the sentence I'm most afraid is true about me — then argue with it.

DEEP WORK 18

SELF-REFLECTION



Write the sentence I'd want to define my life, then test whether it's true.

DEEP WORK 19

SELF-REFLECTION



If I had one year, what would I write on the first day?

DEEP WORK 20