

BE SEEN BY JEN GOTTLIEB

30 DAYS OF *creation* PROCESS JOURNAL PROMPTS

- 1 Identify five things that fill your heart with gratitude today. Reflect on why these things matter to you and how they positively impact your life. Describe how they make you feel.
- 2 Write a letter to yourself from the perspective of being your own best cheerleader. How would you encourage yourself to pursue your goals? Use positive and uplifting language.
- 3 Identify activities that bring you joy and satisfaction. How can these activities become a part of your daily routine? Write a plan for incorporating them into your life.
- 4 Address your fears in a compassionate letter. Recognize each fear, validate it, then provide reassurances and actions to overcome it.
- 5 Consider who you are at your core, beyond your titles and responsibilities. Describe this authentic self with kindness and honesty.
- 6 Spend some quiet time tuning into your intuition. What is it whispering to you about your path? Write these insights down, even if they feel uncertain.
- 7 Reflect on a challenging experience you've overcome. Describe the situation, how you felt, how you overcame it, and the strengths you discovered within yourself.
- 8 Identify three decisions you can make today that could positively alter your life. Outline what these decisions are, why they're beneficial, and how to implement them.
- 9 Write about the most significant life lessons you've learned so far. Describe each lesson, how you learned it, and how it can guide your future.
- 10 Outline a set of daily rituals that align with your goals. For each ritual, write down when you will do it, why it's beneficial, and how it will become a regular part of your routine.

BE SEEN BY JEN GOTTLIEB

30 DAYS OF *creation* PROCESS JOURNAL PROMPTS

- 11 Define personal success for yourself, beyond societal or family expectations. Explain why this definition of success is important to you and how it aligns with your goals.
- 12 Reflect on the last time you felt authentically fulfilled. Describe what contributed to this feeling and how you can replicate those conditions.
- 13 What fears are holding you back from your aspirations? Write each one down and then draft an action plan to address and overcome each fear.
- 14 If failure didn't exist, what would you dare to do? Write about this boldly, and outline a step-by-step plan on how you could achieve it.
- 15 Visualize your life once you've achieved your big goals. Describe this future life in detail, from where you live to how you feel, to what a day in this life looks like.
- 16 If you could share one thought with the world, what would it be? Write this down and then expand on why this message is important to you and how you could share it.
- 17 Identify a single, achievable change you could make this week that aligns with your aspirations. Describe this change, the steps to make it, and how it contributes to your overall goal.
- 18 What drives you forward? Write about your underlying motivation or purpose in life, and how this purpose influences your dreams and goals.
- 19 Write about what you need to release or let go of in order to move closer to your dreams. For each item, explain why it's holding you back and how you can start to let it go.
- 20 Describe in detail your idea of a perfect, joyful day. From the moment you wake up to when you go to bed, what activities, experiences, and feelings make up this day?

BE SEEN BY JEN GOTTLIEB

30 DAYS OF *creation* PROCESS JOURNAL PROMPTS

- 21 Write a list of affirmations that you can use when self-doubt creeps in.
- 22 Recall a time you made a positive impact on someone's life. Write about the experience, why it was meaningful to you, and how you can continue to make such impacts.
- 23 If you could advise your younger self, what wisdom would you share? Write a letter expressing these thoughts and reflect on your growth.
- 24 Visualize your ideal workspace or environment that would inspire and motivate you. Describe it in detail, including how you can recreate it in your life.
- 25 Identify five people who inspire you. Write about what you admire about them, how they've achieved their goals, and what lessons you can apply in your life.
- 26 Write about an obstacle or challenge you are currently facing. Describe it, why it's a problem, and brainstorm possible solutions.
- 27 Imagine it's five years from now. You've achieved your major goals. Write a journal entry dated in the future, detailing what your life looks like, what you've achieved, and how you feel.
- 28 Identify five skills or attributes that you possess which will help you in the process of reaching your goals. Describe why these are crucial and how you can enhance them.
- 29 Reflect on the journey of personal growth and development so far. Write about your key insights, breakthroughs, and the things you've learned about yourself. Celebrate your progress and create a vision for the journey ahead.
- 30 Close your eyes and imagine your ideal life. Consider every aspect – personal, professional, physical, and emotional. What does it look like? Write this down with as much detail as possible.