

Journal Prompts for a Perspective Shift

1. What's another possible way to look at this situation that I haven't considered yet?
2. If I were advising a friend in my exact situation, what would I say with love and clarity?
3. What might this challenge be teaching me about myself, others, or the bigger picture?
4. What am I assuming right now—and how might that assumption be shaping my emotions or reactions?
5. How would this feel if I believed everything was happening for me, not to me?

6. What part of this am I in control of—and what am I ready to let go of?

7. Who do I become when I choose curiosity instead of judgment or fear?

8. What might open up for me if I approached this with compassion, rather than certainty?