

Journal Prompts for Inspiration

1. What lights me up—no matter how small or simple it seems?
Name the things that spark curiosity, joy, or flow.

2. When was the last time I felt truly inspired, and what was happening around me?

3. What would I create, say, or try if I didn't worry about how it would be received?

4. What am I being called toward right now—even if it doesn't fully make sense yet?

5. Who or what inspires me, and what qualities or energy do I admire most in them?

6. What stories, experiences, or messages might want to come through me, not just from me?

7. What environments or practices tend to awaken my creativity or clarity?

8. What's one small step I could take today to honour the spark that's already within me?