

Journaling Prompts



Nikke Friis Coaching

Journaling can help with self awareness, which can be used to support gaining your clarity, certainty and confidence. The below questions can be used to support your journaling or the questions can be used to inspire your own!

Step 1: Ask yourself one of the below questions and without judgement allow yourself to write whatever comes up in response to the question - thoughts, feelings, images

Step 2: Review what you have written to connect and build trust in yourself

Step 3: Consider and decide on opportunities to apply your learning

What motivates me? How could I utilise it more?



Who inspires me? What can I learn from them?

Where do I feel discomfort? What is it telling me?

Where do I need more? What stops me?

What do I need to feel satisfied? How can I get it?

What is my favourite memory? How do I create more great memories?

What strengths am I using at work? How do they add value?

What is my ideal role/career?

What feels like the next step for me?

Where do I feel drained? How do I restore my energy?

