

Things you can write about.

1. Share a turning point in your life and how you overcame it.
2. Share a way your life didn't turn out like you expected and how you dealt with that.
3. Share something you believe in.
4. Share something you disagree with.
5. Share a life philosophy. What do you think about success? Health? Happiness? Emotions?
6. Share something sad that happened to you and what you learned from it.
7. Share something that you've worked hard for and why it matters, what kept you going and what it's meant to you to achieve it.
8. What makes you happy / mad / sad?
9. What are you working to change in your life and why does it matter?
10. What are your hopes and dreams?
11. How do you feel right now?
12. What are thinking about right now?
13. What concept are you grappling with? (Self-love? Boundaries? Hope? Faith? Fear? Healing?)
14. Share a peaceful moment in your day.
15. Open up to a book you like, and read until you get inspired. Write.
16. Journal on something you've overcome or believe in or hope for until you hit on a vein of passion, and write from that passion.
17. What does your heart long for?
18. What do you have faith in?
19. What makes you feel grateful?
20. What issue are you passionate about?
21. Share a failure you've had and how it impacted you. Why you chose to shift directions or keep going anyway.