

# Introspective Journaling Worksheet with Prompts & Examples

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Use this guided worksheet to reflect on your growth, fears, and deeper purpose. Each question includes a brainstorming prompt and a brief example to help get your thoughts flowing. Let your answers be honest, layered, and evolving.

1. What lessons have consistently surfaced for me this year, and how have I changed?

Prompt: Think about recurring themes—patterns in relationships, work, emotions, or health.

Example: 'I kept learning that I need better boundaries. I've started saying no more often and feel more empowered.'

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2. What part of this year has brought me the most clarity or transformation, and why?

Prompt: Reflect on a turning point: a breakup, job change, insight, or realization.

Example: 'After losing my job, I realized I was chasing security over passion. It woke me up to what I actually want to build.'

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3. When I moved in the direction towards my soul's purpose, what actions felt like failure?

Prompt: List moments where things didn't go to plan—even though your intention felt right.

Example: 'I launched a creative project that flopped, but it was the first time I really honored my voice.'

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4. What emotional response did that (perceived) failure trigger in me? Anger, shame, guilt, anxiety, disappointment, embarrassment, relief, hopelessness?

Prompt: Name the emotions. Don't judge—just notice.

Example: 'I felt embarrassed, anxious, stupid, and like I had made a mistake by trying.'

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5. How does that emotion you felt connect to an inner fear? If you follow it home, where are the roots?

Prompt: Trace the emotion to a story or early experience. What fear is hiding underneath?

Example: 'My fear of failure is rooted in being ridiculed in school when I spoke up. I still fear being seen as "not good enough."'

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6. What is the core fear that sits like a brick wall between the version of you today, and the version of you on the path to \*becoming\*?

Prompt: Name that wall. What's the core belief or fear that blocks your evolution?

Example: 'The fear that if I show my true self, I'll be rejected or misunderstood. So I hide behind a facade of 'perfection.''

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