

Journal Prompts for Release & Completion

This worksheet is designed to help you reflect and release during September 2025, a Universal 9 Year and 9 Month. This is a time of endings, closure, and completion. Use these expanded prompts to explore your inner world and prepare for the new cycle ahead.

1. What am I holding onto out of habit or comfort that no longer nurtures who I am becoming?

Reflect on areas of your life where you stay in routines, relationships, or patterns because they feel safe. Ask yourself: Do these truly support my growth, or am I clinging to them out of fear? Write about what life might feel like if you gently loosen your grip.

2. Which recurring cycles or patterns in my life drain my energy—and what lesson might they be trying to teach me before I can release them?

Think about toxic cycles, habits, or repeated situations that keep returning. Explore what these patterns reveal about your beliefs, choices, or boundaries. What wisdom can you extract before closing the cycle for good?

3. Where do I feel resistance to letting go, and what fear lies beneath that resistance?

Notice any emotions of fear, guilt, or doubt when you think about releasing something. What does holding on protect you from? What would you need to feel safe in releasing?

4. What parts of my past feel unresolved, and how can I honor them without needing to carry them forward?

Allow yourself to revisit memories or experiences that still tug on your heart. Instead of suppressing them, write about how you can honor them through gratitude, ritual, or closure without dragging them into your future.

5. If I cleared away the old, what space would open up in my life for new energy, opportunities, or relationships?

Visualize your life after letting go. Imagine the room created for creativity, love, health, or clarity. How could your energy flow differently once the clutter of the past is gone?

6. How can I ritualize the act of letting go (through writing, movement, or ceremony) so that my body and spirit both acknowledge the release?

Brainstorm ways you can physically embody release, (1) burning old notes, (2) cleansing with water, (3) creating a letting-go dance, or (4) meditating with breath. What ritual feels authentic to your soul right now?
