

Journal Prompts for Healing & Resilience

A gift from Coach Ky LLC

Introduction

This set of journal prompts is designed to help you slow down, reflect, and reconnect with your inner strength. Whether you're beginning your healing journey or deepening your practice, these prompts will guide you toward greater clarity, compassion, and resilience.

Journal Prompts



Self-Compassion Check-In

When was the last time I was gentle with myself? How can I offer myself that same kindness today?



Releasing Self-Blame

What is one moment from my past I'm ready to forgive myself for? What lesson did I learn from it?



Resilience Reflection

Think about a time when you got through something hard. What inner strengths carried you through?



Mood & Meaning

How am I feeling in this moment? What does this feeling need from me—acceptance, action, or rest?



Living Beyond Stigma

What would my life look like if I felt fully free from the weight of other people's opinions about me?





Aligned Living

Where in my life do I feel most in alignment with my soul? Where do I feel out of alignment?



Vision for Healing

If I could imagine myself thriving 1 year from now, what would that version of me be doing, feeling, and believing?

Closing Note

Remember: Your words are powerful. Each time you write, you're choosing to honor your truth and reclaim your story. Be patient with yourself and celebrate every step forward.

With love & resilience,

Coach Ky

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