

50 JOURNAL PROMPTS FOR DEEP HEALING

- 1. How do you feel in your body today? Describe the physical sensations you are holding.**
- 2. How do you feel in your mind? Describe the thoughts you are holding.**
- 3. How do you feel in your soul? Describe your emotional environment today.**
- 4. What lived experiences still hold pain for you?**
- 5. Write a letter to your younger self, telling them anything you'd want them to know.**
- 6. Write a letter to your older self, asking them anything you'd want to know.**
- 7. Where in your life do you feel you need the most comfort or clarity?**
- 8. How do you feel your pain impacts your daily life?**

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Meaningful Journal Topics

Lindsey Joiner



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