

The Little Journal Garden

30 thoughtful questions to help you slow down, check in, and hear yourself a little more clearly.
You don't need to answer all 30. Pick one. Say it out loud. Write it down. Come back tomorrow.

■ 1. Check In

A gentle look at where you are right now.

1. What am I feeling right now, and where do I notice it in my body?
 2. What has been taking up the most space in my mind lately?
 3. What do I need more of today?
 4. What do I need less of today?
 5. What has my energy felt like lately: full, scattered, heavy, calm, or somewhere in between?
 6. What is one small thing that made today better?
 7. What am I looking forward to, even if it feels small?
 8. What have I been putting off, and what might be behind that?
 9. If I could describe this chapter of my life in three words, what would they be?
 10. What would make today feel a little more like my own?
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■ 2. Go Deeper

Follow the thought a little further.

1. What am I telling myself about this situation?
 2. What do I know for sure, and what am I only assuming?
 3. What am I afraid might happen?
 4. What do I wish someone understood about me right now?
 5. What have I been pretending doesn't bother me?
 6. Where in my life do I feel most like myself?
 7. What keeps showing up in my thoughts that might deserve my attention?
 8. What is something I want, even if I haven't admitted it out loud?
 9. What boundary would make my life feel lighter?
 10. If I trusted myself a little more, what would I do differently?
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■ 3. Let It Out

You don't have to make it neat. Just let it exist.

1. What do I wish I could say without worrying about how it would be received?

2. What am I carrying that isn't really mine to carry?
3. What am I angry about?
4. What am I disappointed about?
5. What am I tired of explaining?
6. What do I need to forgive myself for?
7. What am I ready to stop chasing?
8. What would I like to leave behind in this chapter?
9. What would I say to myself on the hardest day I've had lately?
10. After saying all of this, what do I want to remember?

■ **You made a little room for yourself. That's enough for today.**

And if writing isn't your thing... try answering one of these with your voice.

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