



## 10 Journal Prompts to Feel More Connected to Your Values

### Rediscover Yourself

Start by noticing who you are when you feel at peace and genuine. These prompts help you uncover your natural state and what truly lights you up.

1. When do I feel most “like myself”?
2. What three values guide my decisions, even when no one is watching?
3. What am I proud of that no one else may notice or praise?

### Notice the Gaps

Reflection deepens when we explore what feels off — moments of tension often point to values asking for attention.

4. Where in my life am I out of alignment with what I say I believe in?
5. What situations make me feel uneasy — and what value might that discomfort be pointing to?
6. If I could remove one obligation, habit, or pressure that drains me, what would it be — and what would take its place?

### Reimagine Your Alignment

Now that you see what matters and what feels off, these prompts guide you to picture the version of yourself that lives more fully in line with your values.

7. When I think about the person I want to become, what qualities stand out most?
8. What does “a good day” look like to me?
9. Who in my life inspires me to live more honestly or kindly — and why?
10. When I act in line with my values, how does my body feel?

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*These questions aren't meant to be finished — they're invitations to return to yourself. Keep them close. Use them when you feel lost, rushed, or disconnected. Each time you pause to write, you reconnect with what truly matters.*