

Journal Prompts: Blooming in Adversity: Resilience, Strength, and Wholeness

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

— Anais Nin



During such as these, we seek answers and stories that will guide us toward wisdom and give us roots of resilience, strength and wholeness. These journaling prompts are designed to guide you as you explore your personal stories. Each question is designed to inspire your personal journal practice and introduce you to a lifelong journey of deep relationship with self. I invite you to explore the deep questions of this time.

1. What do I love? And why do I love it?
2. What does this time and circumstance ask of me?
3. How will I cultivate the inner resources to meet the challenges before me?
4. What gifts do you carry and how can you find the courage to offer them, for myself and my community?
5. What do I like most about myself, my ancestors, and my community?
6. What challenges me about myself, my ancestors, and my community?
7. What is it I need to change, or accept in my life today?
8. When I am old what will matter? What will still have meaning?

9. What makes me uncomfortable?
10. What makes me comfortable?
11. What does wholeness and resilience mean to me? How are they different? How are they similar?
12. What brings me a sense of purpose?
13. Who do I need to forgive?
14. Who do I need to ask forgiveness of?
15. How am I loving? How do I demonstrate my ability to love?
16. Am I happy? How do I express my joy or lack of it?
17. What makes me laugh?
18. How am I embracing my life?
19. What in my life gives me joy?
20. Who is important to me?
21. What has happened to me? What has formed the person that I am today?
22. What have I learned about life so far?
23. What do I most need to know at this moment?

How to use these prompts in your journal practice:

1. Select a question from the above list. Don't rush to answer it. Sit with the question for a moment. Take a breath, let the question be in relationship with your body.
2. Write it on the top of your journal page. Take a few deep breaths and ask the question both out loud and internally.
3. When you feel ready begin to write. Do not edit your writing or concern yourself with punctuation or spelling. Simply write until you feel you are finished. You will be pleased and surprised at the level of insight and honesty you are able to achieve.

Enjoy the journey,

Vanessa