

StoryShift Journal Prompts

Guided questions designed to help you think clearly and get honest about where you are.

Use these prompts to slow down, reflect honestly, and uncover what may need your attention in this season. You do not need to have everything figured out. You just need enough clarity to take the next right step.



1

Pause & Notice

1. What feels most off track in my life right now? _____
2. What has been weighing on me that I have not fully acknowledged? _____
3. Where do I feel the most tension, confusion, or restlessness? _____



2

Get Honest

4. What am I tolerating that I know needs to change? _____
5. What story have I been telling myself that may no longer be true? _____
6. Where am I out of alignment with what I say matters most? _____



3

Clarify What Matters

7. What do I want this next chapter to stand for? _____
8. What is one worthy goal that deserves my attention in this season? _____
9. If I made meaningful progress over the next 90 days, what would be different? _____



4

Choose Your Next Step

10. What is one next right step I can take this week? _____
11. What could get in the way, and how will I respond? _____
12. Who or what can help me stay accountable? _____



Simple Reflection

After you finish, choose one insight, one action, and one next move.

Your best story is still ahead.