

Reflection / Journaling Prompts

1. What does “momentum” look like in this season of my business?
2. Where have I paused movement because of fear, perfectionism, or waiting for clarity?
3. What’s one consistent action I can take for 30 days that would compound results?
4. How does it feel to trust motion more than control?
5. How can I use accountability as a form of alignment rather than pressure?
6. Who inside our community could I connect with for deeper weekly support?
7. What rhythm (daily or weekly) helps me feel most steady in my flow?
8. How does it feel to show up knowing I’m not doing this alone?
9. How does it feel to view visibility as service instead of self-promotion?
10. What message or story have I been holding back that could bless someone right now?
11. What’s my most aligned visibility rhythm — the pace I can sustain with peace?
12. How can I show up in a way that feels authentic and energized, not forced?
13. Who are 3 people I could collaborate with this month to expand visibility or service?
14. What partnership or platform feels like the next natural step for my message?
15. How can I make collaboration feel like co-creation, not competition?
16. What systems could I simplify or automate to free up time for expansion?
17. What systems or habits give me peace — and which ones steal it?
18. How can I make scaling simple and sustainable?
19. What am I trying to control that I could instead trust God to guide?
20. What kind of growth feels light, aligned, and supported?

21. What does true impact mean to me — beyond money or recognition?
22. Where have I already seen my energy and service create change?
23. How can I lead with faith and follow-through in my next season?
24. What small action could multiply my impact this week?
25. What does true impact mean to me — beyond money or recognition?
26. Where have I already seen my energy and service create change?
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