

Pathway to Empowerment:

100 JOURNAL PROMPTS TO
LIVE BOLDLY



Jenn Johnson

Hi and...
WELCOME!



Jenn Johnson

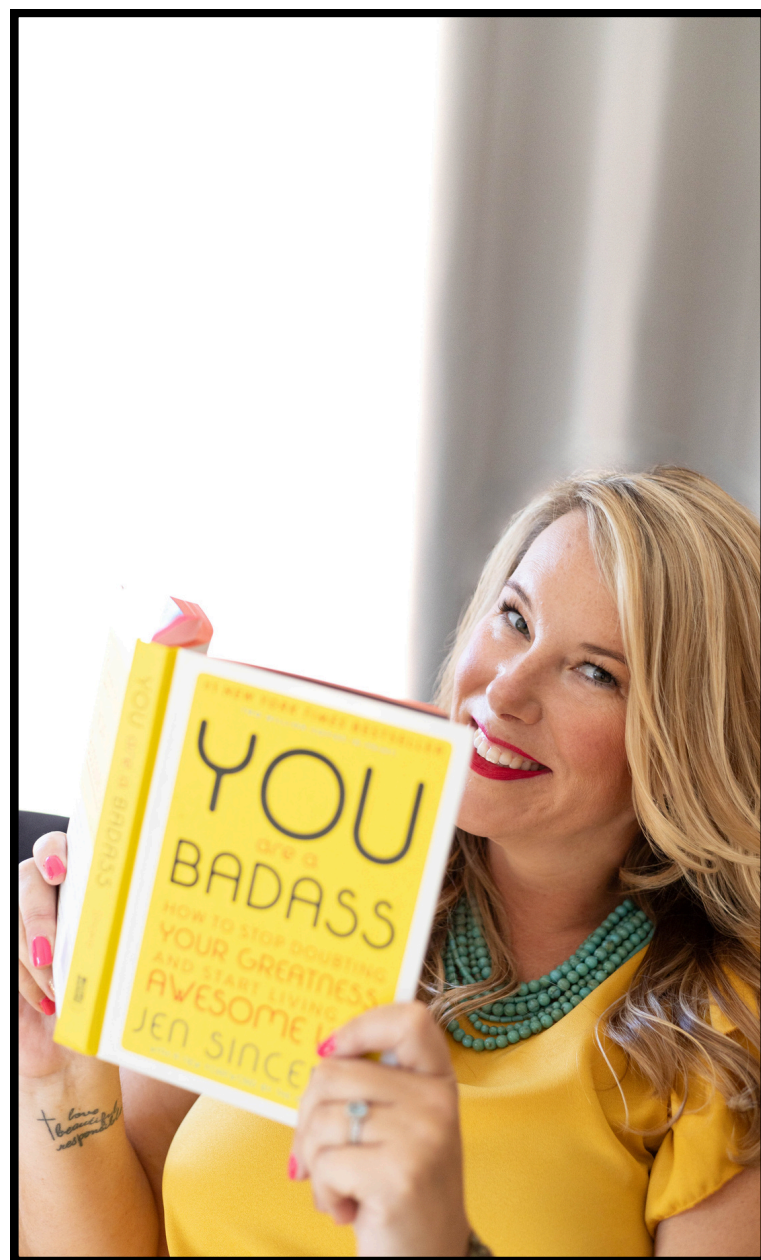
COACH | SPEAKER | FACILITATOR

This workbook is designed as your personal space for self-discovery, confidence-building, and living boldly. Each prompt has been created to inspire meaningful reflection, empower your authenticity, and encourage you to take bold steps forward. You'll uncover insights about your unique strengths, dreams, and values while setting goals that truly resonate with who you are. To get the most out of this workbook, challenge yourself to go deeper with each prompt. If you feel like 5 minutes is enough, try writing for 10. Think a single page is plenty? Aim for 3. The most profound answers often lie beyond our self-imposed limitations, and this journey is all about breaking through them. Embrace each prompt as an invitation to step closer to the most confident, fulfilled version of yourself.

Who am I? HI THERE!

I'm Jenn Johnson, a life coach dedicated to helping women build unshakeable confidence, set boundaries, and design lives that feel truly fulfilling. I created this workbook as a way to support you on your own path to growth and empowerment. Over the years, I've seen firsthand how journaling can be a powerful tool for self-discovery and clarity—it was a game-changer for me, and I hope it will be for you too.

My goal with **Pathway to Empowerment** is to help you dig deep, uncover your true desires, and support you in creating a life that genuinely excites you. Let's do this together, one page at a time.



Are you ready?

Building Confidence & Self-Worth

What are three qualities that make me unique, and how can I celebrate them today?

When do I feel the most confident, and what can I do to cultivate that feeling daily?

How do I define “confidence” for myself? Has that definition evolved over time?

Write about a recent moment when you trusted yourself completely. What did it feel like?

What would I do differently today if I had limitless confidence?

Where in my life am I underestimating my own strength?

How can I show gratitude to myself today for everything I am capable of?

What limiting beliefs do I need to release to build unshakable self-worth?

What does “bold” look like for me? What small step can I take toward that today?

Write a letter to your younger self, encouraging her to be her most confident self.

Embracing Authenticity

Who am I when no one else is watching?

What are three things I love about my authentic self?

Where in my life am I holding back from being fully authentic?
Why?

If I could be unapologetically myself, how would my life change?

How do I want others to experience my energy when I walk into a room?

What fears arise when I consider showing up as my authentic self?

What's something I've been hiding or downplaying about myself, and why?

How can I let go of comparison and trust my unique path?

Write a mantra that captures the essence of your most authentic self.

What does authenticity mean to me, and why is it important?

Goal Setting & Vision Creation

What are three goals I want to accomplish this year? Why are they meaningful to me?

How do my current goals align with my core values?

What would success look like if I followed my heart, not others' expectations?

What are five things I want to accomplish before the end of the month?

What is a big, bold dream I've been afraid to admit to myself?

How will achieving my goals change my life for the better?

What small, actionable step can I take toward my goals today?

What's a long-term vision I have for my life, and how can I stay focused on it?

What's holding me back from setting bigger goals?

Write down a goal and break it down into smaller, actionable steps.

Navigating Change & Reinvention

What does it mean to me to start over or begin again?

Where in my life do I crave change, and what's stopping me from pursuing it?

What past experiences have prepared me for the next big chapter?

What habits or routines are no longer serving my growth?

If I let go of fear, what bold change would I make in my life?

Write about a time when starting over brought you something wonderful.

What would a fresh start look like for me right now?

How can I be kinder to myself during times of change?

What's one thing I can do today to embrace change with more grace?

How can I celebrate my growth as I move through different seasons of life?

Setting Boundaries & Prioritizing Self-Care

What is one boundary I need to set for my own well-being?

How does it feel when I prioritize my own needs?

Where do I feel my boundaries are strongest? Where could they use strengthening?

What am I tolerating that I no longer want in my life?

How do I feel about saying “no,” and what does it mean to me?

What can I say “no” to this week to make room for what I really want?

Write about a time you set a boundary that positively impacted your life.

What does my ideal self-care routine look like, and how can I incorporate it?

How does taking time for myself benefit those around me?

What small act of self-care can I practice today?



Celebrating Gratitude & Joy

What am I most grateful for in my life right now?

Who has had a positive impact on my life recently, and why am I grateful?

Write about a small joy you experienced today that brought you happiness.

What is one thing I love about my current journey?

How do I show appreciation for the good things in my life?

How can I bring more joy and celebration into my everyday life?

What's one thing I'd miss if I didn't have it tomorrow?

How has practicing gratitude changed the way I see my life?

What's a simple activity that always brings me joy, and how can I do more of it?

How can I make gratitude a daily habit?

Reflection & Self-Discovery

Who am I becoming, and how does that make me feel?

What lessons have I learned from my biggest challenges?

How have my past experiences shaped the person I am today?

What qualities do I admire most in myself?

Write about something you've accomplished that you once thought was impossible.

What am I proud of about who I am today?

What beliefs do I hold about myself, and are they helping or hurting me?

What do I need to forgive myself for to move forward?

How can I embrace my imperfections and learn to love them?

What have I learned about myself recently that surprised me?

Letting Go & Moving Forward

What am I holding onto that's holding me back?

How would it feel to fully release my fear of failure?

Write about a past version of yourself you'd like to let go of.

How can I make peace with something that didn't go as planned?

What does freedom mean to me, and what do I need to let go of to feel free?

What's a lesson I learned from a difficult experience?

How can I embrace the unknown with more excitement than fear?

What's something I need to forgive myself for?

How can I replace self-doubt with self-compassion?

How can I remind myself to trust the journey, even when it's uncertain?

Empowerment & Bold Action

What does living boldly look like for me?

What's something daring I'd love to try, and what's stopping me?

How can I take one small step toward being unapologetically myself?

Write about a time you took a risk that paid off.

What legacy do I want to leave behind?

How can I bring more courage into my daily life?

What would I pursue if I knew I couldn't fail?

How can I be a role model for others through my actions?

What powerful truth do I need to remind myself of today?

How do I define success, and does my life reflect that?



Envisioning the Future

What does my dream life look like in five years?

How do I want to feel each day in the future I'm creating?

What are three things I want to be remembered for?

What kind of relationships do I want to cultivate in the future?

How can I start aligning my present life with my future dreams?

What habits can I start now that will serve my future self?

What am I willing to work hard for?

What would it feel like to wake up in my dream life?

Who do I want to become, and what steps can I take to get there?

What's one intention I can set today to create the future I desire?

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thank you



Thank you for trusting me and joining me on this opportunity for insight, growth, and achievement!

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Jenn Johnson

Coach | Speaker | Facilitator