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JOURNAL
PROMPTS

for dreaming up
your abundant life



Dreaming is free and limitless. And getting clear on what you want is the first step to making it happen. So why not dream the biggest dreams you can?

Here are 55 prompts to get past your blocks and dream up the most fulfilled, authentic and wildly abundant version of your life. Grab your journal, choose a prompt, meditate or write free-flow about it, and see what comes up...

1. What do I need to know today?
2. What's something I'd love to happen but don't think I'm ready or good enough for?
3. What's a huge goal I can hold lightly, just to see what happens?
4. What would I do if success was guaranteed?
5. What would I do if I knew I'd be loved and supported no matter what?
6. What am I clinging to that no longer serves me, out of fear that I can't do better?
7. What would this look like if it was easy?
8. What's the most important step I can take that will make everything else easier?
9. What's one self-doubt I can swap for an affirmation this week?
10. If I could be anything, what would it be?
11. If I could do anything, what would it be?
12. If I could have anything, what would it be?
13. What's stopping me from wanting to feel good and achieve my dreams?
14. How am I dimming my light to make others feel comfortable?
15. What does abundance look like for me?
16. How would I feel different if I earned 100x as much as I do now? What boundaries would I have? How would I treat myself and talk to myself?

dream big, live wildly.



17. How am I playing small to avoid being kicked out of the tribe?
18. What excuses do I have for not being worthy of my dreams?
19. Why can't I be rich?
20. Why can't I have everything I ever wanted?
21. If I could write down anything and make it come true, what would it be?
22. Who have I felt envious of lately? How can I feel their joy and imagine it as my own instead?
23. What one habit will get me closer to my dreams this month?
24. Who do I need to forgive?
25. What is the worst thing that could happen if I achieved my biggest dreams?
26. What's my one focus for this week, month, and year?
27. What's the one project I should be focusing on first? What's the one most important task of this project to start with?
28. What am I holding too tightly? How can I let go, hold things lightly, and let good things come to me without being too attached to the outcome?
29. When have I felt the most fulfilled and authentically me in the last month?
30. What am I most proud of achieving in the last 365 days?
31. How am I a different person from this time last year?
32. What would my future self tell me about how I can get from where I am now to where she is?
33. Imagine it's 10 years from now. What do you see? In the space between now and then, what are some of the incredible things you have achieved? List three things you are most excited to happen. Visualise them, breathe them in, and know that they will enter your life effortlessly and gracefully sooner than you thought possible.



34. What's one decision I can make to 10x the joy in my life?
35. What do I want to know is going to be ok?
36. Where am I being called to step up?
37. What niggling feeling have I been ignoring? What is it trying to tell me?
38. How can I take rapid imperfect action to answer my deepest calling?
39. What old ways of being am I ready to let go of?
40. What or who no longer serves me?
41. What will I outgrow this year?
42. How can I embrace playfulness?
43. What are 5 things I'd love to do just because?
44. What parts of me am I scared to let others see?
45. How does my spirit want to bloom?
46. Where can I allow healing to happen in my life, body, mind, and spirit?
47. What are the easy, effortless things I can do now to live more like my future self?
48. Is there a dream I've been hiding for fear of being too big for my boots, not good enough, or not ready?
49. If I were challenged to create my future self in the next year, what would I do, embrace, and let go of?
50. If I was given \$10,000 a month for the rest of my life, where would I find fulfillment?
51. What scares me about success?
52. What are the negative consequences of my biggest goal?
53. How can I make my mind the most positive and abundant place to spend time in?

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54. How can I let myself know that it's safe to be seen?

55. What would my life look like if it was the most beautiful, abundant, and full of ease?