

# 10 JOURNAL PROMPTS

## TO HELP YOU REFLECT ON THE COLORS AND PATTERNS OF YOUR LIFE SO FAR

Create a writing sanctuary for yourself. Light a candle. Play soft music. Open a notebook to a fresh page. Find your favorite pen. Enjoy!

1. What is the earliest memory you can remember vividly?
2. What was one time in your life that you felt hopeless, and when did you realize everything was actually ok?
3. Describe the biggest challenge life has brought to you.
4. What was one time in your life that was so beautiful that it would be worth repeating? Was that a day, a season, a year or a whole decade of your life?
5. Do you notice any reoccurring patterns in your life?
6. When you look back, do you find that you mostly recall the happy times or the challenges?
7. If your life had a theme song, what would it be?
8. Describe your five most favorite days.
9. What birthdays stand out in your mind? Are they memorable because they were great or not so great?
10. What is your favorite color? How does the mood of that color fit into the experiences of your life so far?