

30 DAYS OF journaling

- If my body could talk, it would say...
- Write a love + gratitude letter to your body.
- What are ten positive lessons I have learned about myself and life from chronic illness?
- How did I change when I was diagnosed with chronic illness? How did I not change?
- What negative thought processes have I engaged in when experiencing symptoms?
- Write a thank you/love letter to the limbic system.
- What do I need to forgive myself for? What would I tell a friend if they went through each of these?
- Write a letter to your inner critic.
- Write a love letter to your teenage self.
- Who am I with chronic illness?
- Who am I without chronic illness?
- What would you do if you loved yourself unconditionally?
- How would that feel in your mind and body? How can you bring that into your daily life, even if you struggle with unconditional self-love?
- What are the ways I am not honoring myself? How would I like to honor myself?
- What does being 100% healed look and feel like to me?
- What excuses am I willing to give up now to create the changes I want to see?
- What is the difference between feeling good and not feeling good? How can I bridge that gap?
- How does healing include mind, body, and soul? Explain.
- What kind of person do I want to be?
- Write the words you need to hear from your higher self.
- What would your younger self be proud of you for now?
- How were you creative as a child?
- How does it feel to create something on your own?
- Make a list of 30 things that make you smile.
- How do I want to expand and elevate my soul this year?
- What's one topic you need to learn more about to help you live a more fulfilling life?
- Make a list of everything you'd like to say yes to.
- If I had five other life paths, what would I do for work in each of them? How can I bring some of those values and qualities into my life?
- Why is my life more positive today than it was a year ago?
- Write out a day in your life 3 years from now. Be as detailed as you can.