

Realization Project -- Fall 2021 Journal Prompts

Writing Assignment: Answer at least 4 of the following questions in journal entries of 200 words or more.

- ★ Who would I have to become in order to live my highest truth?
- ★ What possibilities would I have access to if I abandoned my most cherished excuse?
- ★ What three changes could I make to live according to my highest personal values?
- ★ What adventure would I go on if I was unshaken by rejection or other limitations?
- ★ What would I like my higher power to support me with today?
- ★ What bold action will I take today in the name of my career?
- ★ What will be different about today?
- ★ What values do you consider most important in life? How do your actions align with those values?
- ★ Whose approval do I crave so much that without it, I am lost? Who would I be without their approval?
- ★ What has happened today that you are grateful for?
- ★ What's on your mind and heart this morning?
- ★ When is the last time you did something for someone else? What did you do and how did it make you feel?
- ★ What do you think is standing between you and your dreams?

If handwritten, snap a picture of your legible journal entry, and email it to project staff.