

JOURNALING QUESTIONS FOR PERSONAL POWER AND SELF-LOVE

What is the state of my relationships with self and others?

1. How often do you not voice your needs for fear of upsetting another person?
How could you speak your truth with kindness and strength?
2. How often do you bend yourself into a shape that someone else created because you feel bad disrupting the status quo?
3. How often do you prioritize meeting others' needs all while digging into your own spiritual reserves?
4. How often do you resist asking for what you want because you're afraid it makes you a bad person?
5. In what ways aren't you honoring yourself?
6. In what ways do you apologize for who you are?
7. How do you navigate your needs when surrounded by other people?
8. Do you feel like you need to escape it all to be nourished?
9. How could you make your day-to-day existence more nourishing?
10. What is your relationship to your own needs? Do you hate yourself for having them? Do you automatically bend and think you're wrong without ever asking anyone else to bend for you?
11. What other things do you do from expectations (your own or others') and not actual need?