

Purpose Journal Prompt

NAME:

DATE:

TODAY I'M WRITING ABOUT:

THE LIFE I WANT

Quite often we need a clear picture of what we want our life to be like, without all the things that cloud our vision from what we really want. Use the writing prompts to guide your writing. Write without limits! Don't try to edit or censor your thoughts. Let them flow and see where it takes you.

WHO DO I WANT TO BE?

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WHAT DO YOU WANT TO EXPERIENCE IN LIFE?

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HOW DO YOU WANT TO CONTRIBUTE TO THE WORLD?

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WHAT BRINGS YOU THE MOST JOY?

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WHAT'S STOPPING ME FROM LIVING THE LIFE I WANT?

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WHAT IS YOUR COMFORT AND INACTION COSTING YOU?