

# LIVING MOXIE

## May 2017 Journal Prompts

1. What's tugging at your heart?
2. What little piece of litter on your path can you pick up and bin?
3. Write about the last time you were flabbergasted by kindness.
4. What small gesture has impacted you in the biggest way?
5. How do you look out for others?
6. Be love.
7. What's the central theme of your life right now?
8. When you hear the words, 'I can't thank you enough', how do you feel?
9. What's your favourite childhood story, why?
10. Write about an experience you still giggle about, even when alone.
11. Look about you. What's changed since yesterday?
12. What are you more than ready for?
13. If you could read what you are capable of, what would it say?
14. What do you need to consider first?
15. How can you get out your head and into the doing?
16. Write about your energy highs, and energy lows?
17. When are you at your best?
18. Remind yourself of the inner dialogue you want to have.
19. Where are you incongruent with your inner dreams and outer world?
20. What dreams are you unwavering on?
21. What needs your 100% responsibility and accountability?
22. If your life is all yours, where have you been lending it?
23. How can you stay focused on what you intend to create?
24. Where are you stuck on 'what has been'?
25. What did they want for you that you no longer want for yourself?
26. If you could sign up for a new way of living life, what would it be?
27. What can you do tomorrow to close the gap?
28. Where or what needs you to retreat?
29. Write a playlist that lifts your spirits.
30. In what ways could you improve your environment without spending?
31. Write about a room you would create just for your own health and wellbeing.