

Signature Journal

60 Days of Guided Reflection

This journal is designed to help you reflect, heal, grow, and move forward with purpose. Use one prompt each day. Give yourself permission to be honest, thoughtful, and expectant as you document your journey.

Day 1

What season of life am I currently in?

Reflection:

Day 2

What am I grateful for today?

Reflection:

Day 3

What has been weighing heavily on my heart?

Reflection:

Day 4

What do I need to release?

Reflection:

Day 5

What brings me genuine joy?

Reflection:

Day 6

What limiting belief needs to be challenged?

Reflection:

Day 7

Where have I seen growth in myself recently?

Reflection:

Day 8

What does healing mean to me right now?

Reflection:

Day 9

What lesson am I learning in this season?

Reflection:

Day 10

What am I avoiding that needs attention?

Reflection:

Day 11

What does purpose look like to me today?

Reflection:

Day 12

What relationships strengthen me?

Reflection:

Day 13

What relationships drain me?

Reflection:

Day 14

What is one fear I need to confront?

Reflection:

Day 15

How have I changed over the last year?

Reflection:

Day 16

What strengths do I often overlook?

Reflection:

Day 17

What does rest look like for me?

Reflection:

Day 18

What dream have I placed on hold?

Reflection:

Day 19

What would I do if I knew I could not fail?

Reflection:

Day 20

What area of my life needs greater balance?

Reflection:

Day 21

What does freedom mean to me?

Reflection:

Day 22

What unhealthy pattern am I ready to break?

Reflection:

Day 23

How do I handle disappointment?

Reflection:

Day 24

What does success mean beyond achievements?

Reflection:

Day 25

What do I need to forgive myself for?

Reflection:

Day 26

Who do I need to forgive?

Reflection:

Day 27

What am I learning about resilience?

Reflection:

Day 28

What motivates me to keep going?

Reflection:

Day 29

How do I want to be remembered?

Reflection:

Day 30

What values guide my decisions?

Reflection:

Day 31

What is one area where I need courage?

Reflection:

Day 32

What boundaries need strengthening?

Reflection:

Day 33

How do I care for my emotional well-being?

Reflection:

Day 34

What has God been teaching me lately?

Reflection:

Day 35

What promise am I holding onto?

Reflection:

Day 36

What distractions are pulling me away from purpose?

Reflection:

Day 37

What gifts have I been entrusted with?

Reflection:

Day 38

How can I serve others from a healthy place?

Reflection:

Day 39

What does transformation look like in my life?

Reflection:

Day 40

Where have I experienced unexpected growth?

Reflection:

Day 41

What habits support my future self?

Reflection:

Day 42

What habits hinder my progress?

Reflection:

Day 43

What does abundance mean to me?

Reflection:

Day 44

What am I most proud of overcoming?

Reflection:

Day 45

What area of my life needs renewal?

Reflection:

Day 46

What would I tell my younger self?

Reflection:

Day 47

What truth do I need to embrace today?

Reflection:

Day 48

How have challenges shaped me?

Reflection:

Day 49

What am I learning about patience?

Reflection:

Day 50

What opportunity may be hidden in my current circumstances?

Reflection:

Day 51

What does living intentionally look like?

Reflection:

Day 52

How am I showing up for myself?

Reflection:

Day 53

How am I showing up for others?

Reflection:

Day 54

What is one goal worth pursuing wholeheartedly?

Reflection:

Day 55

What is currently strengthening my faith?

Reflection:

Day 56

What is currently testing my faith?

Reflection:

Day 57

What part of my story needs to be shared?

Reflection:

Day 58

What next step is God inviting me to take?

Reflection:

Day 59

What legacy do I want to leave?

Reflection:

Day 60

After 60 days of reflection, what has changed within me?

Reflection:
