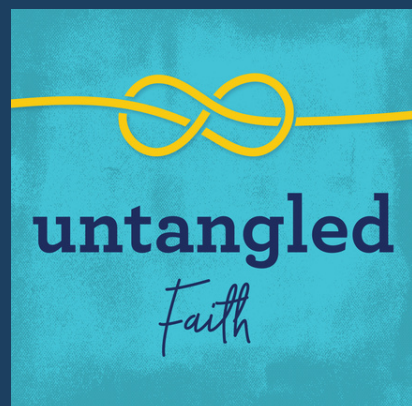




Guided Journaling Prompts



"What happens next? That is the hope-filled question I am learning to ask. What astonishing beautiful thing happens next?"

Christie Purifoy,
Placemaker

A note from Amy

Hi there! Over the past several years, in the middle of some pretty big life changes, I've kept a journal. It's one practice I'm so thankful for.

It's not a daily diary. I could never sustain that. What I found I could sustain was choosing one day a week to spend time reflecting on the past week. It's a small investment with a big payoff.

There are two particular magical pieces to this practice:

- 1) Answering the same journal prompts week after week.
- 2) Monthly reflecting on those weekly prompts.

Reflecting helps us pay attention and see patterns, for better or worse. Author, Mary Oliver says, "*To pay attention, this is our endless and proper work.*"

I hope these prompts are helpful to you.

Amy Fritz

p.s. Feel free to email me at amy@untangledfaithpodcast or follow me on Instagram:

[instagram.com/amyhenningfritz](https://www.instagram.com/amyhenningfritz)

[instagram.com/untangledfaith](https://www.instagram.com/untangledfaith)

Journaling Prompts

As you start. Seasonal prompt:

Dedicate half a page in your bullet journal (or any notebook or journal you use) to looking back and a half page to looking forward.

Look back and reflect on the season that just ended (a literal calendar season or season of life). What are you proud of? What were the disappointments? What people were important? Who were your guides? What lessons did this season teach you? How have you been changed?

Look ahead. What are you hoping for? What's on the calendar that you're excited about or fearful about?

Weekly prompts:

Dedicate several pages in your bullet journal (or any notebook) to answering as many of these weekly prompts as you can. Preferably, you'll choose the same day each week to reflect. Choose some or all of these and try to answer the same questions each week.

What are you talking to Jesus about?

What happened this week that you want to remember?

What normal, everyday things did you experience?

What is something you saw, ate, smelled, touched, or heard that was good or beautiful?

How do you feel about this past week?

What does that feeling need?

On a scale of 1-10, how do you feel emotionally, physically, and spiritually?

Journaling Prompts

Monthly prompts:

Start on the next page after your last weekly journal entry. This is where the magic happens! Read back over the past week's entries to refresh your memory.

What patterns do you see in your journal entries?

How did you hear Jesus answer (or not answer) your prayers?

What do you know for sure?

What are you uncertain about?

What do you want to keep doing?

What do you want to press pause on, for now?