

Self-Discovery Inner Work



Welcome to this guided inner work!

These prompts will help you reflect on your values, goals, and dreams, bringing clarity to what truly matters. Take your time, explore each question, and use this guide to align with your true purpose.

Remember, this isn't a checklist, let it be a space for self-discovery as you step into the woman you're meant to be and the life you're meant to live.

Journal Prompts

1. What are the top 3 values that guide your life? Why are these important to you?
2. What do you truly want to accomplish in the next 5 years? What steps can you take to get there?
3. When do you feel most aligned with yourself? Describe the situation or activity.
4. What limiting beliefs are holding you back from achieving your dreams? How can you challenge them?
5. What is your definition of success? How does it look and feel for you?
6. Think about a time when you felt proud of yourself. What strengths did you use to achieve it?
7. What would you do if fear wasn't an obstacle?
8. In what areas of your life do you need more balance or harmony?
9. What is one thing you can do today to step closer to your ideal life?
10. Imagine your best self 10 years from now. What does she look like, and how does she live?
11. How do you want to feel in your daily life?
12. What's one small change you can make to align your daily actions with your values?



Journaling is the practice of turning inward, discovering your truth, and giving yourself the space to grow. Well done, you're already in your path to growth.

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