

30 Journal Prompts to Step Into *That Next Level Version of YOU*

These prompts are here to help you visualise her, feel like her, and start showing up as her, one intentional step at a time. No pressure, no perfection - just a gentle nudge toward the woman you're becoming.

Who is the version of me I'm stepping into?

Describe her in as much detail as you can—what she looks like, how she moves, how she feels in her body, how she speaks, what energy she brings into a room.

What are 3 things SHE does differently each day?

Think about her routines, her mindset, how she responds to stress or setbacks. What's different about how she shows up?

What's the first thing SHE does when she wakes up?

Is she rushing around or moving with calm? How does she *start* her day with intention?

What does HER ideal day look like?

Take yourself through it hour by hour—from the moment she opens her eyes to winding down in the evening.

What kind of energy does SHE bring into her home and family?

How does she parent, love, communicate? How do others feel around her?

What thoughts does SHE think on a good day?

What's running through her mind when she's feeling aligned, energised, and proud of herself?

What does SHE wear that makes her feel confident and like *her*?

Not just what's trendy—but what feels good. Maybe it's jeans that fit well or activewear that lifts your vibe instantly.

How does SHE move her body?

What kind of movement feels good to her—energising, strengthening, calming? What's her attitude toward exercise?

What is HER relationship with food like?

Is it rushed, restricted, joyful, nourishing? What are her go-to meals, treats, or rituals?

What kind of self-talk does SHE practice?

What does she say to herself on tough days, on proud days, when she's learning something new?



What does HER home environment feel like?

Not about Pinterest-perfect—but is it calm, cozy, energising, intentional?

How does SHE take care of herself mentally and emotionally?

What are her go-to reset tools—walks, journaling, a chat with a friend, boundaries?

What boundaries does SHE hold with love and confidence?

Think about time, energy, people, social media, saying yes vs. saying no.

What does SHE believe she is worthy of?

What standards has she raised—health, friendships, time for herself, how she’s treated?

What are HER non-negotiables each week?

E.g., 3 workouts, early bedtime, planning meals, a quiet moment with coffee, journaling.

How does SHE structure her week to feel on top of things, not overwhelmed?

Does she use lists, meal plans, calendar blocks, Sunday resets?

What would SHE let go of today to feel lighter?

A habit, an expectation, a fear, a “should” that no longer serves her.

What kind of support does SHE allow herself to receive?

She doesn’t do it all alone. What help does she ask for or welcome in?

What would SHE do if she had 20 minutes just for herself today?

No guilt. Just pure “me-time”—what would she choose?

How does SHE celebrate progress (not just perfection)?

How does she acknowledge her wins, even when they’re small or quiet?

What is SHE proud of in herself already?

Let yourself recognise how far you’ve come—because SHE knows and celebrates that.

How does SHE handle days where nothing goes to plan?

What would she say to herself? What would she focus on instead of spiraling?

What’s HER version of balance?

Not perfect—but real. How does she juggle motherhood, work, self-care, rest?

What kind of friendships does SHE nurture?

What kind of energy does she give and receive in her relationships?

What would change if you spoke to yourself the way SHE does?

Write it out—her tone, her words, her compassion.



What's one thing SHE would *definitely* not waste time worrying about anymore?

Get honest—what's just stealing your energy right now?

What does SHE trust is unfolding—even if she can't see it yet?

Tap into faith and vision here. What's she calling in?

What does HER version of fun, joy, and play look like?

What lights her up just for the joy of it—not productivity or results?

What message does SHE want me to hear today?

Let that version of you speak directly. What would she whisper to you right now?

What is one tiny action I can take *today* to step into HER?

Not next week. Not when life is easier. Just one small step, today.