

BECOMING YOU AGAIN

JOURNAL PROMPTS

A gentle return to the self you've missed.

A Gentle Note Before You Begin

After life changes, grief, or transitions, you may feel disconnected from yourself. These prompts help you gently find your way back — to your voice, your desires, your strength, your joy, and the person you're becoming.

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Grieve. Go. Grow

Becoming You Again

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Part 1 — Understanding What Was Lost

1. What parts of myself feel missing or quiet right now?
2. When did I first start feeling disconnected from myself?
3. What version of me am I grieving?
4. What pieces of my old identity still feel tender?
5. What do I miss about who I used to be?

Part 2 — What Still Lives Within Me

1. What strengths from my past self still show up today?
2. What qualities have never left me?
3. What inner truths feel steady, even through change?
4. What parts of me feel ready to return?
5. What small moments remind me that I'm still here?

Part 3 — Rediscovering My Inner Voice

1. What does my intuition sound like — and what has it been whispering?
2. What do I need to hear myself say out loud?
3. What choices feel aligned with who I am becoming?
4. What boundaries support my reconnection with myself?
5. What inner narratives am I rewriting?

Part 4 — Becoming Through Travel & Movement

1. What did I learn about myself on my last trip?
2. How does being in a new place change how I see myself?
3. What parts of me come alive when I travel alone?
4. What travel experiences make me feel most “like me”?
5. What clarity has movement given me about who I want to be?

Part 5 — Reconnecting With Joy, Desire & Curiosity

1. What activities or hobbies make me feel like myself again?
2. What brings me joy that I haven't allowed myself to feel?
3. What do I want more of in my life?
4. What do I want less of?
5. What desires or dreams are resurfacing?

Part 6 — Stepping Into the New Version of Me

1. Who am I becoming in this chapter of my life?
2. What qualities define this new version of me?
3. What do I want to leave behind as I move forward?
4. What does “coming home to myself” mean today?
5. What intention do I want to hold as I continue becoming?

