

RESILIENCE & STRENGTH

JOURNAL PROMPTS

Proof of all you've survived.

A Gentle Note Before You Begin

You've survived things you never asked for, but you're still here — growing, learning, rebuilding. These prompts help you honor your resilience, recognize your strength, and understand the courage that carries you forward.

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Grieve. Go. Grow

Part 1 — Honoring the Strength I Already Have

1. What have I survived that once felt impossible?
2. What strength did I have to find during my hardest moments?
3. What qualities helped me get through grief or life transitions?
4. What moments in my life prove I am resilient?
5. How do I define strength now, compared to before my loss/transition?

Part 2 — Softness & Gentle Strength

1. How does my strength show up quietly or softly?
2. What does emotional strength look like for me?
3. What role does vulnerability play in my resilience?
4. What supports me when I feel fragile?
5. What boundaries protect my strength?

Part 3 — Resilience Through Change & Transition

1. How have I changed since my loss or life shift?
2. What am I proud of about how I've handled this chapter?
3. What did I learn about myself through this transition?
4. What inner resources have developed because of my experiences?
5. How has this chapter reshaped my understanding of who I am?

Part 4 — Travel as a Mirror for Strength

1. How does solo travel reveal my resilience?
2. What moments of courage have I shown on past trips?
3. What challenges have I navigated successfully while traveling?
4. What skills or instincts help me feel capable on the road?
5. How has travel shown me that I am braver than I realized?

Part 5 — Rebuilding Confidence

1. What fears have I faced recently — big or small?
2. What helps me build trust in myself again?
3. What accomplishments am I overlooking?
4. What inner voice of courage is growing within me?
5. What parts of my identity feel stronger now?

Part 6 — Becoming the Stronger, Softer, Wiser Version of Myself

1. What new strength am I discovering in this chapter?
2. What does resilience look like for the person I'm becoming?
3. What future challenges do I now trust myself to handle?
4. What does a strong but peaceful life look like for me?
5. What intention do I want to hold for my resilience journey?

