

LIFE TRANSITIONS

JOURNAL PROMPTS

Moments of change held with gentleness.

A Gentle Note Before You Begin

Life transitions can shake your identity, your rhythm, and your sense of direction. These journal prompts help you process change, understand what's shifting, and gently rediscover who you're becoming in this new chapter.

www.solospirit.net

Grieve. Go. Grow

Part 1 — Naming the Change

1. What transition am I currently navigating, and what feels hardest about it?
2. What emotions come up when I think about this change — sadness, fear, relief, confusion, hope?
3. What beliefs about myself were tied to the life I'm leaving behind?
4. What part of this transition was expected, and what part was not?
5. What loss within the loss am I grieving? (Identity, role, routine, stability, belonging?)

Part 2 — Understanding the Emotional Impact

1. How has this transition affected the way I see myself?
2. What part of my daily life feels the most different right now?
3. What old roles or expectations no longer fit who I am becoming?
4. What emotions am I avoiding or struggling to name?
5. What is something small that brought me comfort today?

Part 3 — Releasing What No Longer Serves Me

1. What responsibilities, expectations, or identities am I ready to release?
2. What fears are holding me back as I move through this change?
3. What past version of me do I need to gently let go of?
4. What belief about myself or my worth needs to be rewritten?
5. How can I create emotional or physical space for what's next?

Part 4 — Reclaiming Strength & Possibility

1. What strengths have helped me through transitions before?
2. What am I learning about myself in this season?
3. What new values are emerging in my life?
4. What small victory have I achieved recently, even if it felt insignificant?
5. What brings me a sense of grounding or stability right now?

Part 5 — Imagining the Future

1. What parts of myself am I excited to reconnect with?
2. What does freedom look like to me in this chapter?
3. What dreams or desires have resurfaced now that life is shifting?
4. What possibilities feel just out of reach — but intriguing?
5. How can I begin to build a life that feels aligned with who I am today?

Part 6 — Integrating Change with Intention

1. How can I show myself compassion during this transition?
2. What would support look like for me right now — emotionally, financially, socially?
3. What routines or rituals can help me feel grounded?
4. What identity am I growing into, slowly and quietly?
5. What is my intention for this next chapter, even if it changes over time?

