



**19 INSPIRING  
JOURNALING PROMPTS  
TO HELP YOU CREATE  
YOUR DREAM LIFE**

*Rachael Kable*

# 19 INSPIRING JOURNALING PROMPTS



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**Welcome to the workbook for creating your dream life!**

*In this workbook, you'll find 19 powerful and inspiring journaling prompts to help you uncover your desires and make meaningful changes in your life.*

*You can print out this workbook and complete it by hand or save it to your computer, then click in each box to type your answers.*

*let's dive in!*

What does my ideal day look like?

What is one habit I'd like to start?

One fear I'd like to overcome is...

Where would I love to live?

How could I change one relationship in my life for the better?

What is my dream career?

One affirmation I could use to encourage myself is...

What are three things I could do to improve my physical health?

Something I'd love to do more of in my daily life is...

How do I want to feel when I wake up in the morning?

What am I already grateful for in my life?

The words I'd like to live by are...

What is one thing I've always really wanted to do?

How do I define success and how will I know when I reach it?

What is holding me back from living my dream life?

What seems to be missing from my life  
& what are some potential ways I could get it?

I feel happiest about myself when...

What could I do to start (and end) my days better?

What is one goal I'd like to achieve and what it will mean if I achieve it?

CONGRATULATIONS!



You have completed the **journaling section**  
of this workbook!



***Now that you've written about your hopes and dreams, it's time to set some intentions.***

*Answer the questions on the following pages to start putting your goals into action so you can work towards creating your dream life.*

What is one small change you can start making today to move closer to your dream life? Be sure to schedule this into your calendar!

Which journaling prompt resonated with you the most and why?

Looking back over your answers, is there anything you've written that's unrealistic? How could you modify your answer so it would be more likely to come true?

What have you learned from completing these journaling prompts?

Describe four things you can do this month based on what your dream life looks like.

One

Two

Three

Four

Notes:



***Well done for completing this workbook!***

***I hope you can continue referring back to this workbook whenever you need inspiration or if you're feeling stuck.***

***It can be a great tool to help you set new goals and intentions!***

*with love,*

*Rach xx*