Inner Smile
MIRACLE

Self-Reconnection Journal Prompts

Use these questions to hear your own voice again.

- What am I truly feeling in my body right now?
- What need of mine has been ignored lately?
- When was the last time I felt calm and connected to myself?
- What is my inner voice (not the critical one) trying to tell me?
- What would I do today if I wasn’t afraid of disappointing others?
- Which part of me needs gentleness and compassion right now?
- What have I been missing in the last period?

> **TIP**
>
> Write freely without judging or editing. Let it be honest.