

Journal Prompts

1. Imagine your higher self as a source of wisdom and guidance. What loving and supportive words of advice would it offer you right now?
2. Think about your dreams and aspirations. How does your higher self encourage you to pursue these dreams with confidence and determination?
3. Consider any self-doubt or insecurities you may have. What affirmations and empowering beliefs does your higher self want to instill in you?
4. Think about forgiveness and letting go of past hurts. What guidance does your higher self offer in terms of forgiveness and healing?
5. Consider any fears or anxieties that may be holding you back. How does your higher self provide reassurance and courage to face these fears?
6. Reflect on the unconditional love and acceptance your higher self has for you. How does it express this deep love and support in your letter?