**Guided Journal Prompts to Inspire Transformation  
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**Introduction**

Have you been feeling stuck in life and been wanting to make a transformative change but don’t know where to begin? Change is hard and especially difficult for those experiencing chronic illness, a life-limiting diagnosis, mental health challenges, or general health adversities. It requires you to adjust to unfamiliar situations adding mental and emotional strain to an already stressed system.  
  
This is where guided journal prompts shine – leading you to reflect and articulate thoughts and feelings in writing. This type of activity can facilitate the beginning of a desired (or necessary) transformation, and when paired with desire you’ll be able to gain perspective and direction.

Grab a notebook and pen or try a digital journal in a word document and use these prompts for the next 10 days to inspire feelings of hopefulness.

**10 days of JOURNAL PROMPTS**

**1. The Root of Desire:**

Why do you feel you need to transform in your life? Is it a willing change or one out of necessity? What will happen if you do nothing and remain where you are?

**2. Removing the Blockade:**

What limiting beliefs do you need to change so you can move towards your goals? Have you tried this change before and been unsuccessful? What tangible things are standing in your way of getting to where you want to go?

**3. Being Brave:**

Identify any fears that have been holding you back. Write about where these fears originated and how you can overcome them to move towards transformation.

**4. Support Systems:**  
Identify activities or relationships that drain your energy. How can you minimize or eliminate these energy drains to create space for transformation? Identify the people in your life who provide emotional support. How can you nurture and strengthen these connections and channel them into your movement toward something new?

**5. Define your Values:**

Allow yourself to think about the values of your future transformed self. Are they different than your current values? How can you align your daily actions with these values to create a more fulfilling life?

**6. Make the Commitment:**

Create a daily mantra that encapsulates your commitment to transformation. Write about how repeating this mantra influences your mindset throughout the day. **7. Learn from the Past:**Think about a recent challenge you faced. How can you reframe it as an opportunity for growth and learning? What did you learn from that experience and how will you carry that lesson forward with you on your journey?

**8. The First Step:**

What is the most logical first step in making the change you’re needing or wanting? Does it require any resources to take it? If no, when will you take this step? If yes, how will you obtain the resources to get started?

**9. Daily Support:**

What actions or habits do you need to implement that support your transformation process? Are you currently doing those things? If yes, how are they helping you? Would something else be more supportive? If no, how can you plan them into your day to ensure your progress?

**10. Reflection:**

Journeys are not linear. After you’ve taken your first step, reflect on your second step to see if it still works for you and your plan. If you only had one step, has that step worked out the way you thought it would? (This prompt can be used after any step while you navigate your transformation!)

This guided journal is a powerful tool to help you navigate the path of self-discovery and transformation as you work through a health challenge. By dedicating time to explore these prompts, engaging in meaningful conversations with loved ones, and actively taking steps towards becoming more helpful, you are embarking on a journey of empowerment and growth. Remember, every thought you put on paper and every action you take has the potential to shape a brighter future filled with resilience, hope, and fulfillment.