



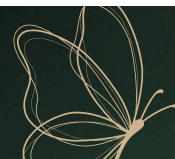
Journal Prompts for Releasing and Letting Go

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Who or What is causing me so much stress right now?
What can I do to let go of control?

What am I running away from? Why do I need to feel busy to feel like I am in control? Do I know how to stop myself from completely running myself to the ground?

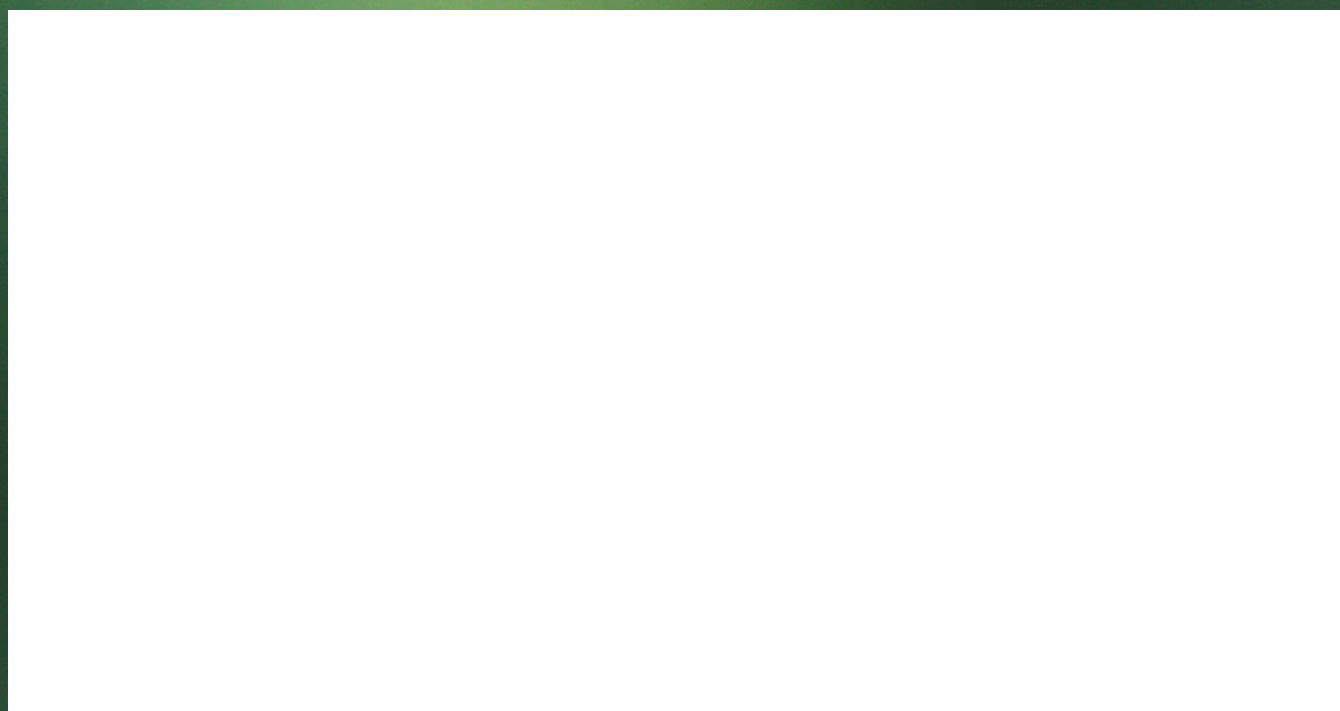
Are my values consistent with how I organize my life and my energy? In what ways am I underperforming? What would I like to change about this?



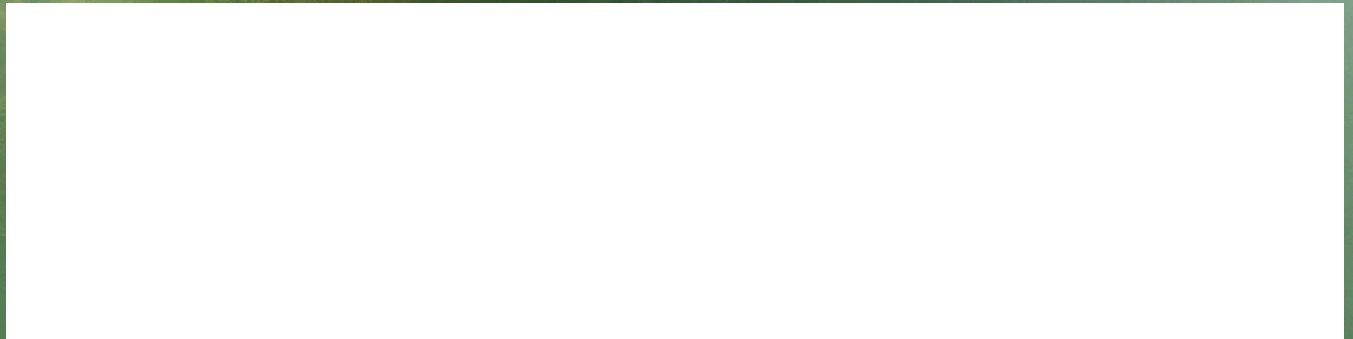
Why have I allowed myself to live with so much exhaustion and guilt? What would I do differently today if I were given three months to live? Even though I know that I am burnt out, why do I continue in this cycle?

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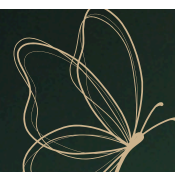
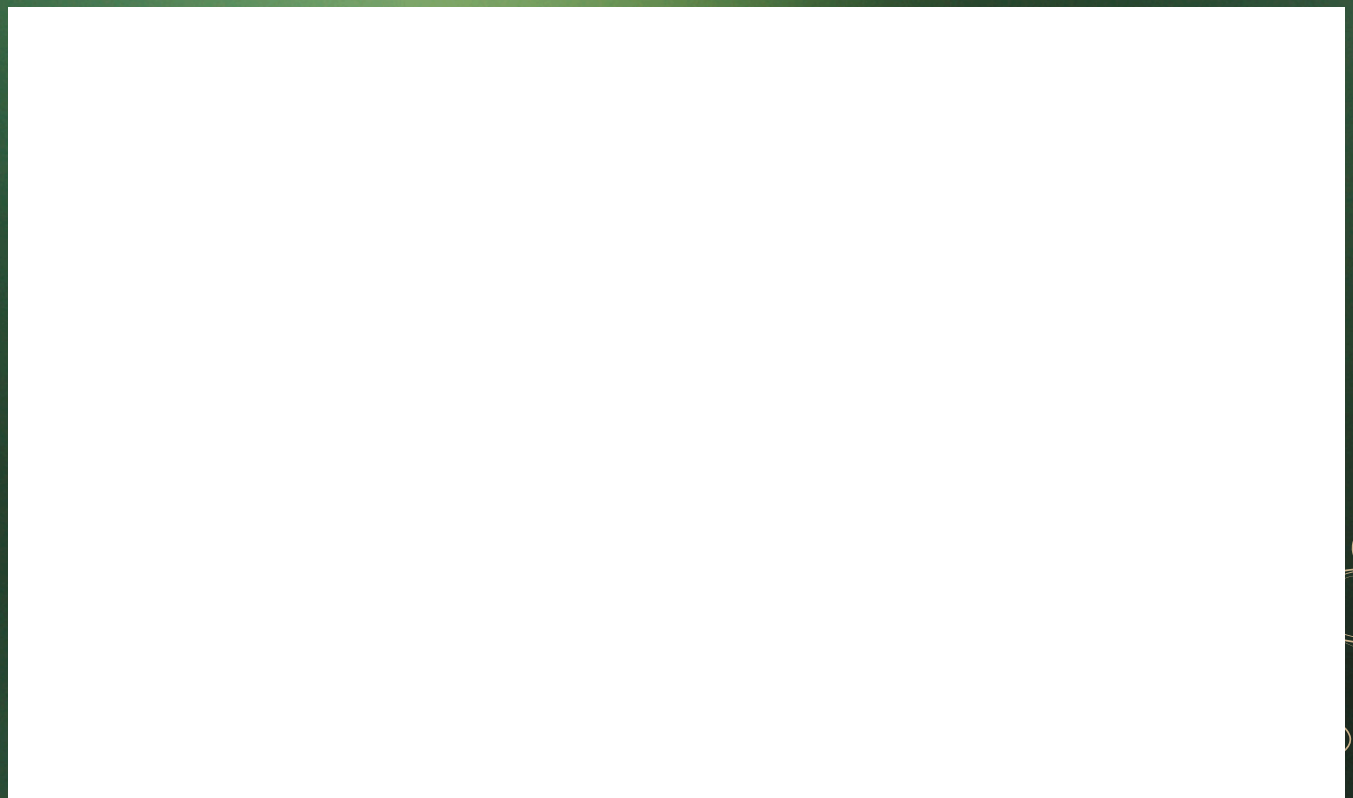
How do I know when it is time to let go? Why do I allow my feelings to get so personal and attached to work projects?

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Besides my busy work ethic, what else am I known for? Have I impacted other areas of my personal and private life? What are the habits that I have today that demonstrate consistent self-awareness?



Do I believe in God or any form of deity? If so, what makes me feel most connected to this divinity? What is the nature of my relationship with this divinity? When do I feel it most strongly? What can I do to make this relationship stronger?



What are my prime motivators? Do I understand where they come from?

What are my biggest fears? Is there any overlap? Have I taken the time to work through the source of my worries and motivators? Am I ready to release the victim or hero conditioning around this?

Do I allow money to dictate the decisions in my life?



Do I believe it is possible to find happiness doing the things that make me feel happy?

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What are my general feelings around people who try and fail at many things? Do I think less of those who don't follow the same path as me?

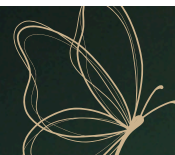


What places do spirituality and spiritual practices play in my life? Do I have a spiritual life?

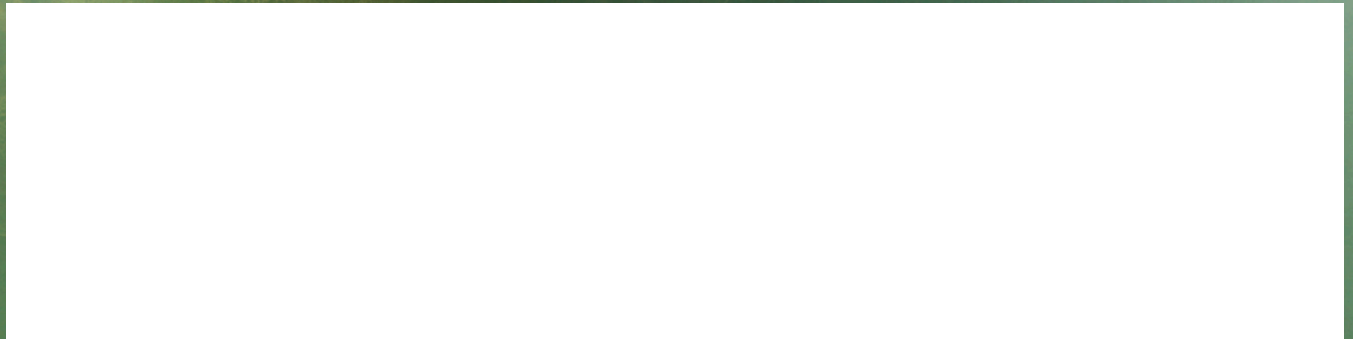


Do I have spiritual beliefs? Are they the beliefs of a specific religion, or are they self-created? A combination of the two? Am I able to express them clearly? To myself? To Others?

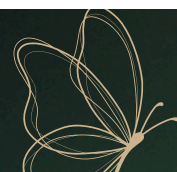
Play in my life?



Do I have a spiritual life? Do I have spiritual beliefs? Are they the beliefs of a specific religion, or are they self-created? A combination of the two? Am I able to express them clearly? To myself? To Others?



Most connected to this divinity? What is the nature of my relationship with this divinity? When do I feel it most strongly? What can I do to make this relationship stronger?





All my love,

Eilyn

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