

The
Mental Wealth Co.

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30 Journal Prompts for Seasons of Change

Reflective questions for endings, beginnings, and every messy middle.

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Hello,

This is a small collection of prompts for the moments in life that don't feel quite like the old thing and don't quite feel like the new thing either — the in-between.

You don't have to use them in order. You don't have to answer all of them. Read through, notice which one softens or catches, and start there.

Consider a prompt 'answered' the moment you take five minutes to sit with it — written response optional.

— *Jasmine*

Founder, The Mental Wealth Co. · LPC, NCC

What is ending

Endings deserve attention. Naming what's closing is how we begin to make room.

What is quietly ending in my life right now?

What did this chapter give me that I want to carry forward?

What am I ready to release?

What did I learn about myself here?

Who did I become in this season?

What am I proud of from this chapter?

What was harder than I let myself admit?

What am I grieving?

The messy middle

Most of life is the in-between. Give it its own kind of attention.

How do I feel today, without editing?

What am I telling myself about how this 'should' be going?

Where am I comparing my inside to someone else's outside?

What do I need permission to feel?

Where is there still uncertainty — and can I stay with it?

What is one small thing I know for sure?

What am I afraid to hope for?

Who is walking through this with me?

What is beginning

New seasons rarely arrive with an announcement. Sometimes we only see them looking back.

What is quietly beginning in me right now?

How do I want to feel in this new chapter?

What am I inviting in?

What am I choosing to leave behind?

What do I want more of?

What do I want less of?

What kind of person am I becoming?

What's one small, brave next step?

Staying with yourself

The through-line across every season is you. These prompts return you home.

What do I know about myself that no season can change?

What have I survived that I don't give myself enough credit for?

What do I love about who I'm becoming?

What does 'mental wealth' mean to me right now?

One small commitment I want to make to myself:

One person I want to thank — even quietly:

A gentle note.

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If you are working with a therapist or clinician, consider bringing this resource into your work together so they can help you apply it to your specific situation.

If you are experiencing a mental health emergency, please call 911 or contact your local crisis resource. In the United States, you can also dial or text 988 to reach the Suicide & Crisis Lifeline.

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With warmth,
The Mental Wealth Co.