

30 Profound Journal Prompts For Spiritual Growth

- Who is my true self?
- What do I love most about my true self?
- Do I ever hide my true self out of fear of being judged or criticized?
- The next time I'm tempted to hide my true self, what can I tell myself to confidently stand in who I am and embrace myself fully?
- What has my spiritual journey looked like up to this point in my life?
- What does "spirituality" mean to me?
- What does it mean to me to be a spiritual person? What about my spiritual self am I still learning and discovering?
- When and/or where do I feel most connected to my spiritual self?
- What is my relationship with a higher power?
- How does a higher power show up in my daily life?
- How would I like a higher power to show up in my life? Can I ask this higher power to show up for me in this way?
- In what ways does the Universe (or God) speak to me? How do I speak back to the Universe?
- When I communicate with the Universe, do I feel heard?
- Do I feel like the higher power in my life criticizes me or loves me without condition? How does this higher power feel about me?
- What is my soul's purpose? Do I feel connected to my purpose? If not, what steps can I take to discover my soul's purpose?
- When do I feel most at peace?
- How can I cultivate deeper feelings of inner peace in my daily life, even when the outer world feels heavy and overwhelming?
- What miracles have I experienced in my life? What do these miracles mean to me?
 - How has the Universe guided me throughout my life through the use of signs, synchronicities, and my own intuition?
 - Am I currently receiving any spiritual guidance about my path? What is this guidance telling me is the next right step?
 - Am I able to surrender to spiritual guidance, or is it sometimes difficult for me to give up control? What do I fear will happen if I release control and surrender?

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- What does it mean to me to surrender?
- What are some things I'm worrying about right now? How can I turn over these worries to a higher power?
- Do I ever feel lost or alone in my life? Am I able to turn to a higher power during these times? If this is difficult, what makes it hard to do?
- Has there ever been a time in my life when my prayers weren't answered (or it seemed as though they weren't answered), and this actually worked out positively for me?
- What are some examples of past experiences when the Universe gave me exactly what I needed at exactly the right time?
- How does spiritual growth require change and transformation? Is this easy or hard for me?
- The Law of Rhythm states that everything comes in cycles, and nothing stays in one state forever. We can see this in the changing of seasons and the cycles of the moon. What cycles appear in my own life? How can understanding that everything is part of a greater cycle help me to cultivate deeper feelings of inner peace?
- Did I have any childhood experiences that negatively affected my belief, attitude, or relationship toward God, the Universe, and/or the concept of spirituality? Have I been able to heal from these experiences, or is there still healing to be done?
- What self-care practices can I do for myself to nourish my spiritual self? How can I take care of my mind, body, and spirit?