



JOURNALING PROMPTS

1. What inspires or influences you to do something?

2. What are some of your strongest held beliefs? In other words, what are non-negotiable beliefs for you? Name 2–3 and what led you to holding those beliefs.

3. Name a time you've had to stand up for the beliefs you listed above.

4. What was happening? What kind of response did you give? What support did you give in favor of your beliefs? How did you respond to those who disagreed? How did that disagreement make you feel?

5. What did you do to take care of yourself after having a disagreement with someone?