



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
PLAYING SMALL & SETTLING FOR
MEDIOCRITY

WELCOME TO THE WORLD OF JOURNALING

It's a powerful tool for self-reflection, exploration, and personal growth. If you're new to journaling, you might be wondering where to start or how to get the most out of this practice. Journaling offers a safe space to express your thoughts, feelings, and experiences, allowing you to gain insights into yourself and your life. Whether you're seeking clarity, healing, or simply a creative outlet, journaling can be a valuable companion on your journey.

Before diving into journaling, it's important to recognize that this practice is deeply personal and can bring up unexpected emotions or memories. While journaling can be therapeutic, it's not a substitute for professional help or therapy if you're dealing with significant emotional distress or mental health issues. If at any point you find yourself feeling overwhelmed or in need of additional support, don't hesitate to reach out to a trusted friend, family member, or mental health professional. Remember to practise self-care and listen to your intuition as you explore the world of journaling.



HOW TO USE JOURNAL PROMPTS:

SET THE MOOD: Create a peaceful and comfortable environment for journaling. Light a candle, play calming music, or find a cozy spot where you feel relaxed and focused.

CHOOSE YOUR PROMPTS: Select journal prompts that align with your interests, goals, or areas of focus. You can find prompts online, in books, or create your own based on what you want to explore.

SET ASIDE TIME: Schedule regular time for journaling in your day or week. Whether it's in the morning, during your lunch break, or before bed, consistency is key to building a journaling habit.

REFLECT AND WRITE: Read the journal prompt carefully and take a moment to reflect on it. Then, start writing freely, without worrying about grammar or punctuation. Let your thoughts flow and explore the prompt in whatever way feels natural to you.

DIG DEEPER: Use the journal prompt as a starting point for deeper reflection. Ask yourself follow-up questions or explore related themes that arise during your writing.

REVIEW AND REFLECT: After journaling, take some time to review what you've written and reflect on your insights. Notice any patterns or themes that emerge and consider how they relate to your life or goals.



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Reflect on a time in your life when you felt like you were playing small and settling for mediocrity. Consider the circumstances, emotions, and thoughts that contributed to this experience. Write about how it felt to stay within your comfort zone and avoid taking risks or pursuing your true potential.

Next, explore the impact of playing small on your life and well-being. How did it affect your self-esteem, confidence, and sense of fulfillment? Did you notice any patterns or recurring themes in your behaviour or mindset during this time? Be honest with yourself about the consequences of settling for mediocrity and the opportunities you may have missed out on as a result.

Now, imagine what it would look like to break free from this pattern and step into your full potential. Visualize yourself embracing courage, taking bold action, and pursuing your dreams with passion and purpose. Consider the possibilities and opportunities that await you when you dare to play big and strive for excellence in all areas of your life.



Finally, brainstorm concrete steps you can take to overcome the tendency to play small and start living up to your highest potential. What changes can you make in your mindset, habits, and behaviours to align more closely with your aspirations and goals? Challenge yourself to set ambitious intentions and take inspired action towards creating the life you truly desire.

Remember, you have the power to break free from the limitations of playing small and embrace a life of greatness and fulfillment. Use this journal prompt as an opportunity to reflect, envision, and empower yourself to step into your full potential and create the extraordinary life you deserve.

