



AUTHENTIC ARMOUR
philosophy + lifestyle

JOURNAL PROMPT:
FEELING DISCONNECTED FROM YOUR
TRUE PASSIONS & PURPOSE

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.



JOURNAL PROMPT:

FEELING DISCONNECTED FROM YOUR TRUE PASSIONS & PURPOSE

Here's a journal prompt to explore the feeling of being disconnected from your true passions and purpose:

Reflect on a time when you felt deeply connected to your passions and purpose in life. Describe the circumstances surrounding that experience, including what you were doing, who you were with, and how it made you feel.

Next, consider the factors or events that have contributed to your current sense of disconnection from your passions and purpose. What changes or challenges have occurred in your life that may have led to this feeling of disconnect?

Explore any thoughts or beliefs you may hold about yourself or your abilities that could be contributing to this sense of disconnection. Are there any self-limiting beliefs or fears holding you back from pursuing your passions and living with purpose?



Consider how your daily routine and lifestyle choices align with your passions and purpose. Are there any activities or commitments that drain your energy or distract you from what truly matters to you? What adjustments could you make to create more space for your passions and purpose in your life?

Reflect on the values and priorities that are most important to you. How do these values align with your passions and purpose? Are there any areas where you feel out of alignment, and if so, what steps can you take to realign with what truly matters to you?

Finally, envision what it would look and feel like to reconnect with your passions and purpose. Imagine yourself living a life filled with meaning, fulfillment, and joy. What steps can you take today to start moving in that direction?

As you explore this journal prompt, remember to be gentle with yourself and approach the process with curiosity and compassion. Allow yourself the space to explore your feelings and insights without judgement, and trust that you have the power to reconnect with your passions and purpose in a way that feels authentic and aligned with who you are.

