

Journal prompts for your introvert type

**FIND A QUIET SPACE WHERE YOU CAN BE
ALONE WITH YOUR THOUGHTS AND LET THEM
FLOW OUT ONTO THE PAGE.**



thinking

**YOU ARE INTELLECTUAL AND
ENJOY BEING DEEP IN THOUGHT.
THESE PROMPTS WILL HELP YOU
EXPLORE YOUR LIFE AT A DEEPER
LEVEL.**

social

**YOU VALUE SOLITUDE THE MOST
OUT OF ALL THE ARCHETYPES.
THESE PROMPTS WILL HELP YOU
FIND BALANCE AND SEE THE
GOOD IN YOUR LIFE.**

restrained

**YOU ARE RESERVED AND LIKE TO
FEEL PREPARED. USE THESE
PROMPTS TO HELP OPEN YOU UP
TO MORE POSSIBILITIES FOR JOY.**

socially sensitive

**YOU ARE QUIET AND SENSITIVE TO
WHAT IS GOING ON AROUND YOU.
THESE PROMPTS WILL GUIDE YOU
TO FOCUS ON THE POSITIVES IN
YOUR LIFE.**



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THINKING INTROVERT

What is filling my mind or distracting me lately?



Describe a place that feels like home

If today was your last day, how would you spend it?

What is your proudest achievement and why?

I am happiest when...



SOCIALLY SENSITIVE INTROVERT



Describe something that makes you smile.

What are you grateful for today?

Describe something you have done that was difficult, but worth doing.

How can you start making use of your strengths?

What is one thing you can do today to bring yourself some joy?



RESTRAINED INTROVERT



An ideal morning would look and feel like...

Make a list of everything you'd like to say yes to.

What is one thing or one person that you are thankful for?

What's one question you are asking yourself a lot right now?

My favourite things about me are...



SOCIAL INTROVERT



My favourite part of my day is...

Describe someone in your life who has had a positive impact on your life.

What would your childhood self, love about your current self?

What three things could you let go of that would give you more time, energy, and peace?

Today I will challenge myself by...



I really hope you've found these prompts useful no matter where you are in your journey to happiness. Remember, change doesn't happen overnight. Allow yourself the time and space to grow.



Used the prompts? Share your journaling space on social media and tag me **@she.is.coaching** so I can cheer you on!

Loi
xoxo



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