

The Heartlifter Way

JOURNAL PROMPTS



Journal, pause, or reflect quietly:

1. Who has encouraged me in a meaningful way—and what did they do that made it impactful? How can I offer that same kind of encouragement to someone else?
2. Where in my life do I notice someone who may need support right now? What is one small, intentional way I can show up for them this week?
3. What words do I tend to speak—to others and about others? Do my words build up, and how can I be more intentional about speaking life?
4. What gets in the way of my lifting others (comparison, busyness, insecurity, etc.)? What truth can I replace those barriers with?
5. How can I use my unique gifts, strengths, or experiences to help someone else grow? Who might benefit from what I carry?

