

*Reflections for Resilience, Hope & Dreaming Forward*

# 44 Journal Prompts for Exploring Possibilities During Difficult Times

*Plus, 5 Tips for Bringing Journaling into Your Coaching*

Created by **Lynda Monk**, MSW, RSW, CPC

Director, International Association for Journal Writing, [IAJW.org](http://IAJW.org)



IAJW.ORG INTERNATIONAL ASSOCIATION FOR  
**JOURNAL WRITING**  
*Enrich Your Life Through Journaling*

# 44 Journal Prompts for Exploring Possibilities During Difficult Times

## *Plus, 5 Tips for Bringing Journaling into Your Coaching*

### Reflections for Resilience, Hope & Dreaming Forward

Created by Lynda Monk, MSW, RSW, CPCC

Director, International Association for Journal Writing

Co-Editor of *Transformational Journaling for Coaches, Therapists, and Clients: A Complete Guide to the Benefits of Personal Writing*



*When nothing is sure, everything is possible.*

- MARGARET DRABBLE

## Introduction

We are living in the midst of challenging times. The Covid 19 Global Pandemic, our climate crisis, social justice movements, and more are creating lots of uncertainty and change. We all need practices and tools that help us tap into our resilience and hope during difficult or transformative times.

Journal writing is a powerful tool for transformation, growth, healing, and resilience. As coaches, we can use journaling for our own self-care, well-being, and learning. We can also integrate journaling into our coaching work with clients to great effect. **We can journal for greater possibilities!**



*When you become comfortable with uncertainty, infinite possibilities open up in your life.*

- ECKHART TOLLE

## What's possible?

Noun: possible

Plural noun: possibilities

a thing or things that may happen or be the case

“There is always the possibility that something amazing can happen.”

Similar: chance, likelihood, probability, hope

### In this journaling gift you will find:

- 44 Journal Prompts for Exploring Possibilities During Difficult Times
- Plus, 5 Tips for Bringing Journaling into Your Coaching
- Personal Reflections

## Reflections on Difficult Times

*“You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once but don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.”*

– MICHELLE OBAMA

There is no doubt that the Covid pandemic has brought with it an incredible amount of disruptive change and challenges for individuals, families, workplaces, businesses, communities, and the world. As coaches, we have had our own unique experiences during this Covid time *and* we have been supporting our clients too.

All challenges and changes in our lives bring with them opportunities for resilience, learning and growth. Many people have made big life decisions during Covid, either by circumstance or choice. People have left jobs, lost businesses, worked from home when normally they would be in their workplace, embarked on new careers, dealt with things they could never have imagined dealing with prior to Covid. We have socially distanced. Worn masks. We have wondered when this will end and what life beyond Covid might look like and feel like. People have coped with losses, grieved, adjusted, all while tapping into their resilience and inner strength again and again.

“Although the world is full of suffering,  
it is also full of the overcoming of it.”

– HELEN KELLER

One thing is for sure, we have all been impacted by living through this “unprecedented time” in our human history.

When our resilience is called upon, as it has been over the past couple of years in new and complex ways, it is important for us to put our attention on the here and now. It matters to be mindful, present, and focused. We must keep doing the next right thing and figuring out what that is moment-to-moment for ourselves, our families, our work, and our communities.

What’s also true, is that we have an opportunity to pause and ask ourselves:

- What are we learning during this pandemic?
- What is the current reality?
- What is possible moving forward?
- What new dreams, if any, are calling to you during these transformative times?

We can ask ourselves lots of other questions too. *Powerful questions are at the heart of great coaching. Good questions can also make for meaningful journaling prompts too!*

What follows are **44 Journal Prompts for Exploring Possibilities During Difficult Times...**

**Why is this?** Because when we can stay connected to what is possible, to feelings of hope and optimism and positivity, while also acknowledging the challenges and difficult things, we can be energized, stay motivated, and connect with the energy that “all things are possible.”

**Coaching is all about possibilities! Possibilities for expansion, learning, growth, and transformation.**

Journaling is the personal practice of writing about your thoughts, feelings, hopes, fears, dreams, and desires. Journal writing is about stories, words, language, emotions, and narratives. We live our stories. We can energize what matters most to us through journaling. We can explore what’s possible now and next! I hope the following journal prompts can support you and your clients to find inspiration and possibilities from within as you go to the page and write.

“Only by seeing what really is, can I move towards what is possible.”

– DUNCAN ELSEY



# 44 Journal Prompts for Exploring Possibilities During Difficult Times

“*Our aspirations are our possibilities.*”  
- SAMUEL JOHNSON

## Journal Prompts for Exploring Present Moment Possibilities

1. What have you learned during the Covid Pandemic?
  2. What has been hard?
  3. What has been easy?
  4. What has surprised you?
5. What is one bold decision you have made during Covid?
6. Is there a life decision or a change you are considering making as result of these Covid times?



*The possibilities are numerous once we decide to act and not react.*

- GEORGE BERNARD SHAW

7. Write about the last time you faced a difficult period in your life and how you overcame it.
8. What do you know about your own resilience and inner strength?
9. List some of the things you are really good at that make you feel like anything is possible.
10. What is one current goal you have?
11. List at least one thing you can get done today to help you move towards this goal.
12. Do you notice anything that is holding you back from achieving your goals and how can you overcome it?
13. If you didn't worry about money or other people's opinions or the unknowns of the future, what would you really love to do or experience?
14. What is one thing you would really like to learn?
15. What does success look like to you at this time in your life?
16. Write about your biggest stress factor right now and how you can try and deal with it so that it doesn't continue as a stressor moving forward.
17. To make your day less stressful or more joyful, how can you tweak your morning routine to start the day in the most positive way possible?
18. To increase your motivation, you can reduce your to-do list. What tasks can you delegate or let go of?

19. Happiness and fulfillment often come from helping others. Explore how you can help others and the world around you...
20. Is there any area where you need help or support? If so, think about who you will ask for this help and support.
21. Is there anything you are feeling discouraged about? Write it down. Get it out.
22. When you have strong relationships, they help boost your well-being and possibilities in life. How can you improve current relationships?
23. Expressing gratitude helps ground you in the present goodness in your life. List 10 things you are grateful for right now.
24. Write down 3 things that energize you. Aim to spend one hour on one of these things each day.
25. What are you excited about in your life right now?
26. What is out of sync in your life and what do you feel is missing?
27. What does your daily routine look like? Could you change it to make room for greater possibilities?
28. If you were to put together an inspirational *playlist for possibilities*, what songs would you include?
29. What does your soul need today?
30. What things are you ready to welcome more of into your life?
31. What opportunities do you want in your life? Write down the opportunities you want and note how you will recognize them.
32. What do you want that you already have?
33. What can you do today that will bring you more joy?
34. What's possible right now?



*You must find the place inside yourself where nothing is impossible.*

- DEEPAK CHOPRA

## Journal Prompts for Exploring Future Possibilities

35. Envision your ideal life. Write down everything you see and feel.
36. One thing I never want to regret is...
37. When you think about your career or life's work, what do you truly want to do, be, or experience on the path ahead?
38. What is one past lesson you have learned that you want to remember in the future?
39. This year, something I'd love to start doing is...
40. What is something from your present that you do not want to take into your future?
41. How can you honor your own needs and desires in the future?
42. What dreams do you hold for your future?
43. What hopes do you have for the future in our world?
44. What do you want the future to find?



*When you've exhausted all possibilities, remember this: You haven't.*

- THOMAS EDISON





## 5 Tips for Bringing Journaling into Your Coaching

Coaching is all about supporting our clients to deepen their learning and forward their action towards what matters most to them while aligning with their core values and goals. Coaching is both an art and a human science. *It is a profession based on exploring and manifesting great possibilities!*

Journal writing is a transformational tool to have in our coaching toolkit. **Journaling invites us to explore possibilities in both our inner and outer worlds, and it can help our clients do the same.**

“Fill your paper with the breathings of your heart.”  
– WILLIAM WORDSWORTH

- 1. Invite clients to journal within a coaching session.** You can start or end a coaching session with a few minutes of journaling. Your client can simply have these reflections for themselves, or they can share what they wrote with you as part of the coaching session.

*Sample journal prompts to give to your client during the coaching session:*

- As we start this coaching session, I am feeling...
- During this coaching session, I hope to explore the following possibilities...
- As we end this coaching session, I notice...

- 2. Suggest your clients keep a journal and explain why.** It is helpful to offer some rationale as to why you are suggesting this. For example, journaling helps to deepen self-awareness, gain clarity, set goals, and make decisions. It can be used to identify patterns in thoughts, feelings, and behaviors, giving clients a chance to increase awareness and take inspired actions. Ask your clients why they would keep a journal? It is their why, that will motivate them to actually write for themselves.

- 3. Offer them personalized and relevant journaling prompts by email between coaching sessions.** This is a meaningful way that clients can keep working with and reflecting on themes or areas you are working on in the coaching itself.

- 4. Co-journal during a coaching session.** Pick a topic or prompt to write about and then set a timer for a short time (for example, 3-5 minutes) and journal together.

*For example, I recently did this with one of my coaching clients who is a senior leader. Covid has caused her to question if she even wants to be a leader in an organization or whether she would prefer to do more front-line helping work.*

Our journaling prompt was: *When I look into the unknown future beyond Covid, I really hope that...*

She wrote about the hopes she has for herself. I journaled broadly about what my hopes for her are based on our coaching work together. It was a chance for me to acknowledge her strengths and champion her through journaling. We co-journaled for 5 minutes and then we took turns sharing our journaling with each other. This writing informed the rest of the coaching session.

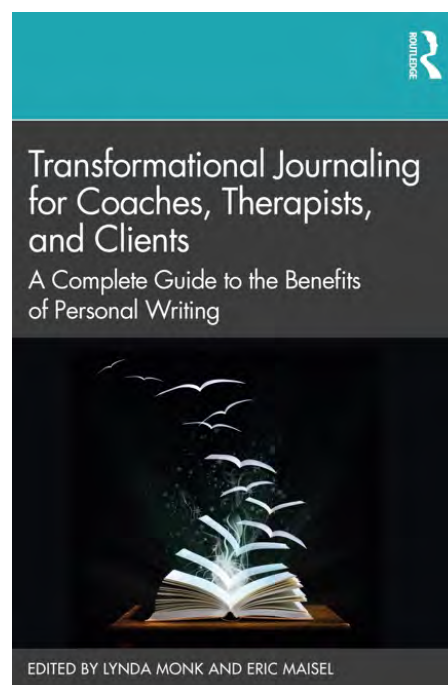
5. **Try journaling for yourself first.** It takes courage to reflect and write about your thoughts and feelings. It is a powerful practice for personal growth and self-awareness. Experience the transformational power of journaling for yourself before recommending it to others. Practicing what you preach strengthens your coaching and brings authenticity into all that you do. Clients feel this congruence and so do you!

“Journal writing, when it becomes a ritual for transformation, is not only life-changing but life-expanding. Jen Williamson

Check out our NEW book: *Transformational Journaling for Coaches, Therapists, and Clients: A Complete Guide to the Benefits of Personal Journaling* (Routledge, 2021). There are over 50 contributing authors who teach you how to use journaling in your own life and in your coaching with others! This book includes eight parts:

- The Logic of Journaling
- Using Journaling With Clients
- Journaling for Mental Health and Wellness
- Journaling for Growth and Healing
- Spiritual and Nature Journaling
- Journaling and Creativity
- Journaling With Groups and Leaders
- Techniques and Applications

[You can order this book here >>](#)



## Final Thoughts

**We are living in incredible times.** We are coaching during what some are calling the great awakening. Others believe we are moving through a portal from what was into what will be. We are living with a true ticking clock with the environmental, health, social, political, and economic turmoil in our modern-day midst. We also have huge opportunities for positive change!

Each day as I love my two teenage sons through these years that are the bridge from their childhood into their manhood... each day as they get their clean mask to put on as they head to school, and this week as we took shelter from the heaviest rains our part of the world has seen in a century (which is being said to be a result of global warming and is predicted to become a more regular occurrence), as I step on my tippy toes to kiss them good-bye and wish them a great day... I know that my boys are growing up in times where we human beings have very important imminent decisions to make and actions to take to ensure the future of our world for next generations. I have great faith in the possibilities for our individual and collective future.

Why? Because it is *faith in what is possible that is necessary now and next.*

We will only get to a more hopeful and thriving future on our planet if *as many of us as possible*, truly align with WHAT IS POSSIBLE!



*Because you are alive, everything is possible.*

– THICH NHAT HANH

**YOUR POSSIBILITIES MATTER!**

**Dream Big  
Journal Truth  
Express Yourself  
Go Well  
Create Change  
Be Hopeful  
Stay Open & Flexible  
Engage Positivity  
Invite Opportunities  
Take Care of Yourself  
Replenish & Rest  
Nourish Your Spirit  
Notice Beauty  
Walk in Nature  
Feel Joy  
Make a Difference  
Coach with Care  
Give. Receive.  
Live Fully. Love. Laugh.  
Believe**

**Ask yourself, ask your clients, ask the world...**

**WHAT'S POSSIBLE?**



**IAJW.ORG INTERNATIONAL ASSOCIATION FOR  
JOURNAL WRITING**

© 2021, Lynda Monk



“Journal to awaken  
greater possibilities in every area of  
your life!”

– LYNDA MONK

### Meet Lynda Monk, MSW, RSW, CPCC

Lynda Monk is a Registered Social Worker, Certified Professional C-Active Coach, and the Director of the [International Association for Journal Writing](https://iajw.org) – IAJW.org. She is the co-author of [Writing Alone Together: Journaling in a Circle of Women for Creativity, Compassion and Connection](#), as well as contributing author to the international bestseller *Inspiration for a Woman's Soul: Choosing Happiness*. She developed *Life Source Writing: A Reflective Journaling Practice for Self-Discovery, Self-Care, Wellness and Creativity* and produced the *Creative Wellness Guided Meditations*. Lynda is the co-editor, with Eric Maisel, of two books including [Transformational Journaling for Coaches, Therapists, and Clients: A Complete Guide to the Benefits of Personal Writing](#) (Routledge, June 2021) and [The Great Book of Journaling: Learn Journal Writing from 40 Top Journaling Experts](#) (Mango, June 2022). Lynda regularly teaches, writes, and speaks on the healing and transformational power of journaling and life writing. She lives with her family on Salt Spring Island, British Columbia, Canada.

Visit Our Journaling Website