

# PATHWAYS TO POSSIBILITIES

## 44 Empowering Journal Prompts for Inspiration & Growth

Created by Lynda Monk, MSW, RSW, CPCC



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

# Pathways to Possibilities: 44 Empowering Journal Prompts for Inspiration & Growth

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[Director, International Association for Journal Writing](#)

“When nothing is sure, everything is possible.”  
- MARGARET DRABBLE

## Introduction

We are living amidst complex and changing times. With change, comes many uncertainties, as well as opportunities and new possibilities too!

Journal writing is a powerful tool for transformation, growth, healing, and resilience.

**We can journal to explore new possibilities in our lives.**

“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

On the full moon on February 5th, 2023, I got my first tattoo at the age of 53. I wrote the words "Anything is possible!" in my own handwriting and Noah Mott, a wonderful tattoo artist, put it on the inside of my left forearm. I look at it multiple times a day. It is both a mantra I live by and an affirmation all at once.

I believe it is important to stay connected to what is possible. The energy of possibility helps fuel our dreams and desires. It nurtures feelings of hope, optimism, and positivity, even during challenging times. No matter what is going on, we can connect with the energy that "all things are possible."

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 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

## Journal Prompts for Exploring Present Moment Possibilities



*Our aspirations are our possibilities.*

- SAMUEL JOHNSON

1. What is one bold decision you have made in your life in the past 5 years?
2. Is there a life decision or change you are considering making in your life? Write about it.
3. What possibilities for expansion, learning, growth, and transformation are in your life at this time?
4. What creative dreams are calling to you?
5. How do you want to make your mark?



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

- GEORGE BERNARD SHAW

6. How do you tap into possibilities when you feel stuck in some way?
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? If so, 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. How can you adjust your morning routine to start the day in the most positive way possible?

- 18.** To increase your motivation and make room for new possibilities, how can you 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. Brainstorm and write down your ideas.
- 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



*Because you are alive, everything is possible.*

- THICH NHAT HANH

- 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 honour 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 legacy do you wish to leave for the future to discover?



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

- THOMAS EDISON

**Journaling invites us  
to explore possibilities  
in both our inner and outer worlds.**





**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  
Give. Receive.**

**Live Fully. Love. Laugh.  
Believe**

**Ask yourself, ask others, ask the world...**

**WHAT'S POSSIBLE?**



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**JOURNAL WRITING**

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

– LYNDA MONK

### About Author

**Lynda Monk, MSW, RSW, CPCC**

Lynda Monk is a Registered Social Worker, Certified Professional Co-Active Coach, and the Director of the [International Association for Journal Writing](#).

She is the co-author of [Writing Alone Together: Journaling in a Circle of Women for Creativity, Compassion and Connection](#). 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](#) (2021) and [The Great Book of Journaling: How Journal Writing Can Support a Life of Wellness, Creativity, Meaning and Purpose](#) (2022); and [The Coaches Guide to Completing Creative Work](#) (2023).

Lynda regularly teaches, writes, and speaks on the healing and transformational power of journaling and expressive writing. She lives with her family on Salt Spring Island, British Columbia, Canada where she greets each day with the belief that “*anything is possible.*”

“Fill your paper with the breathings of your heart.”

– WILLIAM WORDSWORTH

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