

Journal Prompts for Closure & Clarity

Use these prompts to gently reflect, release, and find clarity. Write freely without judgment, and allow your thoughts to flow. This worksheet provides space for you to pause, breathe, and process.

Prompts for Reflection and Release

- What situation or relationship am I still holding onto that I need to release?
- What lessons did I learn from this experience, even if it was painful?
- If I could say one last thing (without needing a response), what would it be?
- How can I thank myself for surviving and growing through this?
- What does closure look and feel like to me right now?

Prompts for Clarity and Moving Forward

- What values or needs do I want to honor more fully moving forward?
- What new opportunities or connections am I ready to welcome into my life?
- What small daily rituals could help me feel more grounded as I move on?
- How can I remind myself that letting go is an act of strength, not weakness?
