

Clarity Journal Prompts

Title: *21 Days to Greater Clarity: A Guided Reflection Journal*

Format: Downloadable PDF (6–8 pages)

Introduction

Clarity isn't a luxury—it's a necessity.

When life feels noisy, uncertain, or overwhelming, journaling can help quiet the chaos and reconnect you to what matters most. This 21-day journey is designed to help you reflect, realign, and reignite your sense of purpose—one honest page at a time.

Use it during your morning quiet time, evening wind-down, or coaching sessions. There are no right or wrong answers—just your truth, unfolding.

"When you get clear, you get powerful."

— Alfred Esene

How to Use This Journal

- Set aside 10–15 minutes each day for the next 21 days.
- Find a quiet space, breathe deeply, and write honestly.
- Don't edit—just express.
- Use a physical journal, digital notebook, or print this PDF.

Week 1: Identity & Self-Awareness

Day 1: What do I believe I was created for?

Day 2: What parts of my past still influence how I see myself today?

Day 3: What makes me feel most alive and purposeful?

Day 4: Where in my life do I feel stuck—and why?

Day 5: What gifts or talents do people always say I have?

Day 6: If I could do anything without fear of failure, I would...

Day 7: What do I need to believe about myself to move forward?

Week 2: Healing & Mindset Shifts

Day 8: What wound or loss am I still carrying—and what do I need to release?

Day 9: What truth do I need to replace an old, limiting belief?

Day 10: When was the last time I truly felt at peace? What helped me get there?

Day 11: Who in my life do I need to forgive—or ask forgiveness from?

Day 12: What negative pattern am I ready to break?

Day 13: How do I respond to challenges—and how do I want to?

Day 14: What does it mean for me to be emotionally resilient?

Week 3: Vision & Alignment

Day 15: What does success look like for me (not society)?

Day 16: What do I want to be known for in 10 years?

Day 17: What's one small step I can take toward my bigger dream?

Day 18: What distractions or habits do I need to let go of?

Day 19: What does a balanced, fulfilling life look like to me?

Day 20: Who are three people that inspire me—and why?

Day 21: What is the next courageous decision I need to make?

Closing Reflection

Write a letter to your future self.

- What have you learned in these 21 days?
- What are you committed to?
- What do you now see clearly that was once blurry?

Final Encouragement

Clarity doesn't come all at once—but it does come to those who pursue it.
Keep journaling. Keep growing. Keep moving in the direction of purpose.

"You are becoming who you were always meant to be—one clear thought at a time."

— From all of us at **WMIH**