



FALL JOURNAL PROMPTS

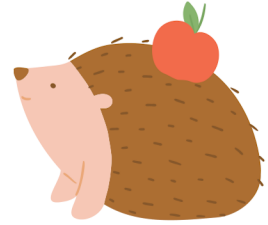
What are the feelings you want to let go of? What feeling overwhelms you that you'd like to turn down the dial on? Fear, doubt, shame, guilt - what feelings do you want to release from your mind and body?

When it comes to your relationships, whether that be with a partner or your friendships or in your family, what are you ready to let go of? What's no longer serving you there? Do you perhaps feel unseen and unheard, and you want to let that go and clear space to feel seen and valued. Do you feel taken advantage of? Do you feel overwhelmed? When you think about what's not serving you in your relationships, what comes to mind that you're ready to let go of?

In your life in general, both with people you know well and people you don't know, what are the patterns you want to let go of? What's something you do out of habit that you're ready to change? Are you a people pleaser? Do you find yourself being reactive and speaking from a wounded place rather than from your heart?



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What's one thing you would to release and change for something new? Are you ready to quit your job and start another one? Do you want to move from where you are and start over? What transition are you ready to make in your life?

What is something you often say to yourself that you want to stop saying or thinking? Is there a critical thought that you think over and over, that you just want to flush from your brain? Do you often pressure yourself to stay busy and to never rest? Do you compare yourself to everyone around you, and you want to let that go?

If you were to offer forgiveness to one person, and truly let go of what you're holding onto and let in peace instead, who would you forgive, right here and now? This could be something that just happened, something from a long time ago that you rarely think about, or your own self. You are free to forgive yourself for what you wish you'd done different at any time.



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What's a story you tell about yourself that you're done telling? What do you often tell yourself about your capabilities, your worth, or just who you are, that you're done telling?

And now, I want you to reflect on what you've just cleared space for. With all this beautiful space you just made in your energy and in your mind and your heart, what are you ready to let in? What do you want to cultivate going forward? What seeds do you want to plant in your life?



And now just take a few more deep breaths. Give yourself a moment to sit quietly, and just let whatever is coming to you come to you. Tune into your heart, and ask your heart, and do you want to tell me at this time? What do I need to know?



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