

YOU CAN DO IT
*journal
prompts*
**TO FIND A WAY
FORWARD**

by Rey Katz



Welcome

How to use the journal prompts

Each of the following pages contains one question for you to contemplate and respond to. These **journal prompts** have helped me to **brainstorm** and **understand myself**. I hope they help you too.

Feel free to **ignore the prompts you don't like** and **choose ones that sound interesting**. You can start with a **blank page with the prompt at the top**, set a timer for 10 minutes, and **write down anything** that comes to mind. You can jot down words, sentences, or draw pictures.

I've included a **few example answers** with each question or prompt, because I find that an example of how to answer a question can be helpful. You **do not need to be limited** to the format or content of the example answers.



What limiting beliefs do I hold?

Examples:

I have a hard time speaking clearly when it matters most.

I don't feel like a real writer.

I'm not good at socializing.

Am I held back because I can't express my identity freely?

Examples:

I don't like doing freelance work using my legal name.

I can't share that I have partner(s) with my coworkers.

I spend a lot of time feeling dysphoric after I get misgendered.

What aspects of my life are most important to me?

Examples:

My best friends.

My writing practice.

My kids.

What am I proud of?

Examples:

My published article.

Leading a class.

Taking care of myself.

What am I good at?

Examples:

Listening without judgement.

Being loyal to my friends.

Explaining things with metaphors.

What are my most important projects?

Examples:

Writing about being a nonbinary martial artist.

Going on a road trip.

Selling my art online.

Who do I want to be?

Examples:

Out to my community as a trans person.

A published author.

A small business owner.

What are next steps I would recommend to someone like myself?

Examples:

Pitch my writing to magazine editors.

Take an online class.

List one product for sale online.

What kind of help do I need?

Examples:

A friend to text for accountability before and after doing something scary.

Takeout food so I have time to email a magazine editor instead of cooking dinner.

What is one thing I can do this week to take a step towards my goal?

Examples:

Ask one friend how they started their online business.

Send one email to an editor.

Look up how to change my legal name.

You got this!

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Thanks for reading!