

SoulSalt × Soul Song Healing Journal Prompts

Use these prompts to access your inner clarity, intuition, and soul-led wisdom. Let each question guide you into your most aligned, Inspired Badass self.

- 1. What truth is asking to be spoken through me today, even if only in this journal?**
- 2. Where in my life am I performing instead of leading from my soul?**
- 3. What decision would my most aligned self- make right now?**
- 4. What belief about myself is ready to be retired so I can lead from wholeness?**
- 5. Where am I out of congruence with my inner map, and what's one small shift to realign?**
- 6. What is my intuition whispering that my mind keeps overriding?**
- 7. Where in my life do I feel out of resonance, and what is that sensation teaching me?**
- 8. What do I know in my bones that I haven't yet given myself permission to trust?**
- 9. What energy am I carrying today that does not belong to me, and how can I release it?**
- 10. Where is my body saying "yes" even before my logic gets there?**
- 11. What conversation am I avoiding, and what value is underneath the avoidance?**
- 12. Where do I need to tell myself the unfiltered truth in order to move forward?**
- 13. What would being radically honest, but not reckless, make possible this week?**
- 14. What expectations or illusions am I ready to set down so I can reconnect with trust and reality?**
- 15. What am I being called to create or contribute next, and what small step could I take today?**
- 16. How is my work wanting to evolve as I evolve?**
- 17. What strengths or gifts have I undervalued that are ready to lead?**
- 18. Where am I being invited to raise and grow another, not just myself?**
- 19. What part of me is asking for deeper compassion right now?**
- 20. If my soul could rewrite one pattern in my life, what would it choose instead and why?**