

Journal Prompts for Healing

1. What relationship pattern do I see repeating in my life?
2. What does my heart need the most right now?
3. How has my Life Path Number shaped my relationships?
4. What old emotions am I ready to release?
5. What would aligned, peaceful love feel like for me?
6. What boundaries protect my heart?
7. What belief about love do I need to let go?
8. Which past relationship taught me the most—and why?
9. Who do I become when I feel loved and understood?
10. What am I now ready to attract into my life?