## Journaling Prompts: Letting Go to Move Forward

These journaling prompts are designed to help your clients reflect more deeply on the questions posed in the questions and scripts for this section.

Each prompt is meant to spark introspection and support the process of transitioning into a new season of meaning and contribution.

1. Describe the roles you played in your business that gave you the most sense of purpose. What parts of those roles might you be ready to let go of now?

2. Write about a time when your professional identity felt misaligned with your personal values. What lessons did you take from that experience?

3. What routines, titles, or responsibilities from your business life do you find hardest to release? Why might that be?

4. List three accomplishments you're proud of—and then write about why you no longer need to cling to them as proof of your worth.
    1)

    2)

    3)

5. What internal fears arise when you think about not being a business owner anymore? Where do those fears come from?

6. Think about someone you admired outside of business. What gave their life meaning, and how might that inspire your next chapter?

7. What kind of impact do you still want to have on others? What ways this impact might take shape in your new life.

8. What assumptions have you held about 'success'? Are there any you're ready to challenge or release?

9. Describe a meaningful moment outside of work that reminded you of your deeper identity. What did it teach you about who you are beyond business?

10. If you could design a new life centered around contribution and fulfillment—not achievement—what would it look like?