

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐



Speak Honest Journal Prompts

Think about what you need right now, what would give you relief?

How can you meet your own needs if someone else can't?

If you are feeling needy or like you're nagging, where can you feel more abundance and more trust in your relationships?

How to Ask for What You Need

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐

☐



Speak Honest Journal Prompts

Notes:

Stay Connected

✉ jennifer@speak-honest

📷 [@speak_honest](https://www.instagram.com/.@speak_honest)

🌐 Join the [Speak Honest Academy](#)



Schedule Your [Attachment Assessment](#)