

FREE JOURNAL PROMPTS

Reprogram the Belief That's Holding You Back

5 gentle journal prompts to shift your inner story and create space
for clearer choices.

A calm self-reflection guide for moments when you feel stuck, overwhelmed, or unsure what to
do next.

FLOW WITH JANKA

Clarity. Direction. Inner shift.

Before you begin

A limiting belief usually does not sound dramatic. It often sounds practical, familiar, or protective.

It may say things like: "I am not ready", "I always get it wrong", "It is too late", or "Who am I to want more?"

But a belief is not always the truth. Sometimes it is only an old inner story that has been repeated for too long.

This guide is designed to help you slow down, notice the story, soften the emotional charge around it, and choose a more supportive direction.

You are not forcing yourself to think positive. You are creating enough space to see yourself differently.

Use these prompts slowly. Do not rush to fix yourself. Write honestly. The clarity often comes after the first answer, not before it.

How to use this guide

1. Choose one belief.

Do not work on your whole life at once. That becomes noise. Start with one belief that keeps coming up.

2. Let the first answer be messy.

Your first response may be emotional, unclear, or even contradictory. That is useful information.

3. Look for the protective intention.

Many beliefs were created to keep you safe, accepted, or in control. You do not need to hate the belief. You need to understand it.

4. Create a new internal direction.

A better belief should feel grounded, not fake. Choose wording your nervous system can actually accept.

PROMPT 1

What belief do I keep repeating about myself, my life, or what is possible for me?

- Where did I first learn this?
- Whose voice or expectation does it sound like?
- What does this belief make me avoid?

PROMPT 2

What has this belief been trying to protect me from?

- Rejection?
- Failure?
- Disappointment?
- Being seen?
- Making the wrong choice?

PROMPT 3

What has this belief cost me emotionally, mentally, or practically?

- What opportunities have I delayed?
- Where have I made myself smaller?
- What part of me feels tired from carrying this?

PROMPT 4

What would become available if I no longer had to live from this belief?

- How would I speak to myself?
- What decision would feel lighter?
- What would I finally give myself permission to explore?

PROMPT 5

What new belief feels supportive, believable, and true enough to practise now?

- Try: "I am allowed to move forward even before I feel fully ready."
- Try: "I can choose clarity over old fear."
- Try: "I do not need to repeat the past to feel safe."

Your new inner story

Complete this gently. Make it simple enough that you can actually use it when the old belief shows up.

The old story I am no longer choosing is:

The new belief I am practising is:

One small action I can take from this new belief is:

You do not need a completely new life overnight. You need one honest shift, repeated with intention.

If you want support to untangle what is keeping you stuck, I offer 1:1 guided clarity sessions designed to help you think clearly, reset emotionally, and move forward with grounded direction.

DM me "CLARITY" on Instagram or visit my website to book a private session.

Flow with Janka

Guided support for clarity, direction, and self-trust.