

TAKING CONTROL OF YOUR DESTINY

Journaling Prompt Worksheet

Inspired by reflection themes from Joyce Meyer's journaling article

Use this worksheet to reflect with intention. Write freely, pray honestly, and capture what you are learning about your growth, purpose, and next steps.

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Daily Reflection Prompts

1. What stands out to me today?

What happened today that I do not want to forget? What lesson, emotion, or moment deserves my attention?

2. Where do I need clarity?

Write about an area of confusion, decision-making, or transition. What do I need wisdom for right now?

3. How am I growing?

Identify one way you are maturing personally, professionally, or spiritually. What evidence do you see?

4. What am I grateful for?

List the people, opportunities, blessings, or breakthroughs that deserve gratitude today.

Faith and Purpose

5. What is God showing me?

Record a scripture, prayer, conviction, or encouragement that is shaping your thinking right now.

6. What purpose-driven action should I take next?

Name one specific action step that aligns with the person you are becoming.

Weekly Check-In

Rate this week from 1 (low) to 5 (strong).

Area	1	2	3	4	5
Focus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peace	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consistency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

. Biggest lesson this week

What truth, realization, or experience made the biggest impact on me this week?

. My next commitment

What will I do differently next week because of what I learned?

Small moments of reflection can create powerful transformation.