



BECOMING LIMITLESS

DAILY JOURNAL PROMPTS

How to Use This Journal

How to Use This Journal

- Use this journal daily, morning and evening, for the next 30 days.
- Morning prompts help you set intention and mindset for the day.
- Evening prompts guide you to reflect, release, and grow from your experiences.
- Write freely and honestly this is your space to process, clarify, and transform.
- Revisit previous entries weekly to track growth and patterns.

Day 1

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

1. How did I show up today?

2. What am I proud of?

3. What do I want to release before tomorrow?



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Day 2

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

4. How did I show up today?

5. What am I proud of?

6. What do I want to release before tomorrow?

Day 3

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

7. How did I show up today?

8. What am I proud of?

9. What do I want to release before tomorrow?



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Day 4

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

10. How did I show up today?

11. What am I proud of?

12. What do I want to release before tomorrow?

Day 5

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

13. How did I show up today?

14. What am I proud of?

15. What do I want to release before tomorrow?



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Day 6

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

16. How did I show up today?

17. What am I proud of?

18. What do I want to release before tomorrow?

Day 7

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

19. How did I show up today?

20. What am I proud of?

21. What do I want to release before tomorrow?



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Day 8

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

1. How did I show up today?

2. What am I proud of?

3. What do I want to release before tomorrow?

Day 9

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

4. How did I show up today?

5. What am I proud of?

6. What do I want to release before tomorrow?



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Day 10

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

7. How did I show up today?

8. What am I proud of?

9. What do I want to release before tomorrow?

Day 11

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

10. How did I show up today?

11. What am I proud of?

12. What do I want to release before tomorrow?



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Day 12

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

13. How did I show up today?

14. What am I proud of?

15. What do I want to release before tomorrow?

Day 13

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

16. How did I show up today?

17. What am I proud of?

18. What do I want to release before tomorrow?



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Day 14

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

19. How did I show up today?

20. What am I proud of?

21. What do I want to release before tomorrow?

Day 15

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

22. How did I show up today?

23. What am I proud of?

24. What do I want to release before tomorrow?



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Day 16

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

25. How did I show up today?

26. What am I proud of?

27. What do I want to release before tomorrow?

Day 17

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

28. How did I show up today?

29. What am I proud of?

30. What do I want to release before tomorrow?



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Day 18

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

31. How did I show up today?

32. What am I proud of?

33. What do I want to release before tomorrow?

Day 19

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

34. How did I show up today?

35. What am I proud of?

36. What do I want to release before tomorrow?



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Day 20

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

37. How did I show up today?

38. What am I proud of?

39. What do I want to release before tomorrow?

Day 21

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

40. How did I show up today?

41. What am I proud of?

42. What do I want to release before tomorrow?



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Day 22

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

43. How did I show up today?

44. What am I proud of?

45. What do I want to release before tomorrow?

Day 23

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

46. How did I show up today?

47. What am I proud of?

48. What do I want to release before tomorrow?



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Day 24

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

49. How did I show up today?

50. What am I proud of?

51. What do I want to release before tomorrow?

Day 25

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

52. How did I show up today?

53. What am I proud of?

54. What do I want to release before tomorrow?



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Day 26

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

55. How did I show up today?

56. What am I proud of?

57. What do I want to release before tomorrow?

Day 27

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

58. How did I show up today?

59. What am I proud of?

60. What do I want to release before tomorrow?



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Day 28

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

61. How did I show up today?

62. What am I proud of?

63. What do I want to release before tomorrow?

Day 29

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

64. How did I show up today?

65. What am I proud of?

66. What do I want to release before tomorrow?



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Day 30

1. What is my intention for today?

2. Who do I choose to be today?

3. What truth or affirmation do I need to speak over myself?

Evening Prompts:

67. How did I show up today?

68. What am I proud of?

69. What do I want to release before tomorrow?
