journal prompts for self-exploration

Hi, friend. This workbook is for those of us who want to develop a deeper understanding of ourselves. It's for people who are ready to ask themselves new questions about their beliefs and experiences.

The Four Minds (Rational, Emotional, Physical, and Universal) are a metaphor for how we understand and respond to the world around us. They're a way to mindfully balance your approach to your life.

These prompts are intended to introduce you to each of the Four Minds and how you currently relate to each. It could be that you've never even been aware of some of these minds. That's ok. There's no better time than today to begin expanding your awareness.

I hope these prompts bring you new insights and lead you to more questions of your own.

- Lindsay

your rational mind

Have you had any experiences in your life that taught you not to trust your rational abilities? What lessons did you learn either as a child or a young person about your ability to be successful in school, work, or in other cognitive activities? Have those beliefs helped or hindered your growth as an adult?

your physical mind

How do you feel about your physical body? Can you sense its cues and listen to its needs? Do you include physical self-care such as healthy eating, hydration, sleep, and exercise in your daily routine to support your body? How is this affecting your life today?

your emotional mind

When you were a child, what were you taught about your emotions? Were you told that they were important and valuable, or were you shown that your emotions were best ignored or buried? How has this impacted your life as an adult?

your universal mind

Do you feel that you are part of a "bigger whole"? Do you have a sense that there is something bigger than you working behind the scenes? Whether you call it God, the Universe, Common Humanity, or Mother Nature, how is your awareness (or lack thereof) affecting you today?

continuing your self-exploration

I hope these prompts have brought you new ways of thinking of yourself and your life. I also hope they provided the opportunity for you to practice gentle curiosity towards yourself.

When I first became aware of the Four Minds, I realized I had significant areas of my life that I had just never thought about. If you wish, use the space below to write three major realizations you made as a result of these prompts.

If you're ready to continue your self-exploration, consider downloading my free Self Awareness Test, a test and workbook that will help you identify specific areas of imbalance--and begin to address them. This free workbook is available at https://www.lindsayaarons.com/self-awareness-test.

- Lindsay