

Reset Journal Prompt

Prompt 1: The Programmed Self

This prompt is part of the 5-page 'Reset: A Guided Journal for Inner Truth.' It is meant to help you identify inherited beliefs, release what no longer serves, and start again—clear, conscious, and intentional.

Journal Prompt:

What beliefs have I accepted without ever questioning them?

Where did they come from--family, school, religion, culture?

How do they show up in my choices today?

Write freely. Be honest. You are not writing for approval--this is for your clarity.