



CONVERSATION & JOURNAL PROMPTS

PRINT AND PLACE THESE CARDS AROUND YOUR HOME OR TABLE TO INSPIRE CONVERSATION AND HELP NOURISH BOTH BODY AND SPIRIT. OR SIMPLY USE THEM AS JOURNALING PROMPTS AS YOU SPEND QUIET TIME WITH GOD.



Where has God surprised you with His goodness this year?



Where do you spend most of your free time/day?



How do you want to be remembered?



What is your proudest moment from the last 12 months?



Share a story of how someone pointed you to Jesus or made you feel loved this year.



What is ahead of you in the coming months that you are grateful for and excited about?



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Share a memory that brings joy to your heart.



Who has made a positive impact on your life?



What is one item you treasure?
Share why.



What song always makes you dance?

(ON THE INSIDE OR OUTSIDE)



Where does your soul feel most at peace?



How has God been faithful in your life?



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What movie or show have you most enjoyed watching this year?
Share why.



If you had to change your name, what would your new name be?
Share why.



If you could learn the answer to one question about your future, what would the question be?



Where has fear been holding you back? What truth do you sense God speaking into that fear?



Share 3 things you love about yourself.



What's one thing you were really into as a kid?