Week 4 Journal Prompts: The Sacred Waters

Choose 1 or 2 journal prompts to work with this week.

What have I been carrying that no longer belongs to me?
(Are there emotions, expectations, or stories passed down that I'm ready to release?)

Where in my life am I being invited to soften?
(What feels tight, rigid, or emotionally braced—and how might water help me loosen that?)

What does grief look like in my body?
(What are the physical sensations or patterns I notice when sadness, longing, or emotional weight shows up?)

What is the wisdom of this emotion?
(Choose one feeling that's been present lately. Instead of trying to change it, ask what it's trying to show you.)

When was the last time I let myself be fully seen in my emotions?
(What happened? What did I learn about myself?)

What did the women before me carry that I'm no longer willing to?
(This one is especially powerful if paired with the Ancestral Water Offering ritual.)

What kind of emotional expression feels natural to me, and what kind has been shut down?
(Do you allow tears but not anger? Rage but not tenderness?)

What does emotional honesty mean for me now?
(Where am I craving truth, even if it's messy or uncomfortable?)

What is water teaching me this week?
(A simple reflection you can return to daily.)