



TWENTY  
QUIET  
QUESTIONS

A JOURNALING PROJECT FOR YOU  
FROM BEVERLEY

# Welcome!

I'm Beverley and I have been journaling regularly for more than 15 years - to be honest, it has been the best excuse for spending time and money in stationery and art shops!

Seriously though, I have found journaling to be an amazing resource that helps me explore and manage my mental health, clarify my professional goals and aspirations, and work through all sorts of personal stuff. Journaling means I make a bit of quiet time to reflect in different ways on all manner of things.

This **Twenty Quiet Questions** workbook is a great way to try journaling for yourself. So, take your time to find your favourite pen and then dive in.

Beverley



## ABOUT ME

I'm a professional somatic movement educator and therapist and I incorporate journaling in my everyday workshops and 1:1 mentoring.

When I am not moving or journaling, you're likely to find me sewing or crocheting, walking my dog, listening to audiobooks, or getting my head into astrology.

# About Journaling

Journaling is a self-reflective practice. Among many things, you can journal to explore your way of being in the world, get a better understanding of your thoughts and emotions, tap into your creativity and imagination, and process your stress and challenges.

Your journal can take the form of a daily diary, a scrapbook, a scribble pad, a sketch book, the back of an envelope, a series of post-it notes, or even a whiteboard. And, as your journal is not for publication or sharing, it's a place to express yourself freely and know that you don't have to use your best handwriting, grammar or tone of voice.

Sometimes you'll write in careful script, at other times in hasty scribble; you might doodle in the margins and highlight phrases and words with coloured markers, pencils or crayons. You might choose to embellish your pages with found objects like tickets and postcards, use washi tapes or stickers, or make vision board pages from collaging bits and pieces from magazines. Then there are techniques like mind-maps, lists, and habit trackers that can be super useful.

In the following pages you'll find twenty "prompts" to help you focus your mind and get your pen moving over the page. You can use this workbook as a jumping off point, and then don't hesitate to expand your journaling into a notebook of your choice.

If you do find you enjoy journaling, let it become an easy habit. Don't set out to do it every day, just let it happen, and keep your your notebook with you, you never know when you might get 10 minutes for a little valuable self-reflection.



# How to use prompts

Sometimes it's hard to know where to begin when you are looking at a blank sheet of paper. So, on the following pages you will find Twenty Quiet Questions to get you started.

Below are three ways you can approach working with them. I hope you enjoy this introduction to journaling and that I can share other journaling techniques and projects with you soon.

## 1

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**METHODICALLY**  
Simply work your way through the questions in this workbook one by one, missing out any that don't inspire you - you can always return to those another time.

## 2

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**RANDOMLY**  
Let your eyes wander over the pages and answer the question you are most drawn to. Or, close your eyes and use a pen to pick questions at random.

## 3

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**CREATIVELY**  
Print and cut the question strips (or copy each one on to a slip of paper). Fold and place them all in a small jar, box or container. When you're ready to journal, close your eyes and pick one.

# JOURNALING PROMPTS

What three things do i feel grateful for?

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What would make my perfect day?

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What emotion am I longing to feel?

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# JOURNALING PROMPTS

If money and time were no object, what would I do?

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What would I like to get better at?

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What is my most self-limiting belief?

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# JOURNALING PROMPTS

How can I be kinder to myself?

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What do I need to hear from others?

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Which three things am I most proud of?

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# JOURNALING PROMPTS

What work or business goals do I have, big or small?

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What do I need to achieve my goals?

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Is there anything I am ready to let go of?

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# JOURNALING PROMPTS

How would I like to change my home surroundings?

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What three words sum up the values that I live by?

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Who are my biggest fans?

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# JOURNALING PROMPTS

What is the boldest thing I have ever done?

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What am I ready to say yes to?

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What three things do I want to do more of?

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# JOURNALING PROMPTS

and, what three things do I want to do less of?

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If I could travel anywhere in the world, where would I go?

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And, here's a bonus question, who would play me in my cinema Biopic?

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## READY FOR MORE?

Join another of my projects to learn and practice different techniques for your journaling tool box. Or try a themed project: anything from creating and tracking better habits, exploring your dreams, or understanding your astrology. We can also work together in private sessions.



Click the link below to join my mailing list and discover my current online projects and in-person events, or **email me** to find out how to book some support or mentoring time with me 121.

I do so hope you have found this Twenty Quiet Questions project useful. Let me know!

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