

A decorative green vine border with swirling leaves and tendrils, framing the entire page. It starts at the top corners, goes down the sides, and comes back up at the bottom corners.

HOME & INNER SPACES

Finding sanctuary within yourself.

A Gentle Note Before You Begin

When loss or life change reshapes your inner world, the spaces around you can feel unfamiliar. These prompts help you explore how your home, environment, and emotional landscape are changing — and how to create spaces that support healing, comfort, and clarity.

Journaling Prompts

HOME & INNER SPACES

Part 1 — How My Home Feels After Loss or Change

1. How does my home feel to me right now — comforting, heavy, quiet, overwhelming, grounding, unfamiliar?
2. Which rooms or areas feel hardest to be in, and why?
3. Which spaces feel soothing or supportive?
4. What emotions arise when I spend time in my home?
5. What part of my home feels most connected to my “before” life?

Part 2 — Objects, Memories & Meaning

1. What object in my home carries the most emotional weight — and what story does it hold?
2. What items bring comfort, and which bring sadness or tension?
3. Is there an item I’m holding onto out of obligation rather than connection?
4. What objects or memories do I want to honor?
5. What objects or symbols represent the person I’m becoming?

Part 3 — The Emotional Landscape Within Me

1. If my inner world was a physical space, what would it look like today?
2. What parts of my emotional space feel cluttered or overwhelming?
3. What feels spacious, open, or hopeful inside me?
4. What emotional corners am I avoiding?
5. What part of my inner world is asking for gentleness?

Part 4 — Shifting, Refreshing & Reimagining Spaces

1. What changes (big or small) am I craving in my home?
2. What changes feel too overwhelming right now?
3. What room or corner would I like to refresh to support my healing?
4. What colors, textures, or objects feel comforting in this chapter?
5. What does a healing space look like for me?

Journaling Prompts

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Part 5 — Letting Go, Keeping, and Curating with Intention

1. What am I ready — or almost ready — to let go of?
2. What do I feel protective of, and why?
3. What items or traditions no longer align with who I am now?
4. What items represent comfort, grounding, or growth?
5. How can I create space for the version of myself emerging now?

Part 6 — Feeling at Home in Myself Again

1. What parts of myself feel most at home — internally — right now?
2. What practices help me reconnect with my inner self?
3. What does “home” mean to me in this chapter of life?
4. Where do I feel the safest within myself or my surroundings?
5. What intention do I want for my home and inner space moving forward?