



## Learning & Leaning into Uncertainty

Journaling Prompts & Soothing Affirmations

### Journaling Prompts

1. What does uncertainty feel like in my body right now?
2. Where in my life am I being invited to trust the process more deeply?
3. What helps me feel safe when I don't have all the answers?
4. How might uncertainty also hold possibility or growth for me?
5. What would it look like to meet the unknown with compassion instead of fear?
6. How can I support myself when things feel unpredictable?
7. What small truth or comfort can I return to when things feel unclear?

### Soothing Affirmations

- I can breathe and be with the unknown, one moment at a time.
- I do not need to have all the answers to be okay.
- I trust that clarity will come when it's ready.
- I am safe to soften into uncertainty.
- Change and growth unfold at their own gentle pace.
- I can find calm even when the path isn't clear.
- I release the need to control what I cannot.
- I am learning to rest in trust.
- One step at a time
- Look how far I have come and how much uncertainty I have managed to get here!

*my life me*