



MAGGIEGENTRY

## **SITTING IN THE MESSY MIDDLE JOURNAL PROMPTS**

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What are some simple things I can do that feel deeply nourishing for when I next find myself in a scary cycle of change?

What permission do I need to give myself in order to stay with the discomfort? What support do I need to give myself, and also ask of others, to ensure I am well fortified during this time?

Knowing that I cannot predict the timeline and outlook of this particular process, where can I find moments of joy and pleasure to remind myself that what I'm doing is big, bold work?

What were the walls that I had to allow to burn to the ground?  
How were they not serving me?

What are the building blocks of my foundation?