

# ADVOCACY JOURNALING PROMPTS

1. What does advocacy or activism mean to me personally?
2. What values drive my passion for making a difference?
3. What is a cause I feel deeply connected to, and why?
4. When did I first realize I wanted to create positive change in the world?
5. What's one change I want to see in my community or the world?
6. What role do I currently play in the causes I care about?
7. How does my personal story connect to the work I want to do in advocacy or activism?
8. What unique strengths or talents can I bring to my advocacy efforts?
9. Who inspires me as a changemaker, and what can I learn from their approach?
10. How do I balance advocating for others with taking care of myself?

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11. How can I ensure that my activism aligns with my core values?
12. What actions am I already taking to support causes I care about?
13. What's one small step I can take today to advocate for what I believe in?
14. How do I navigate the tension between wanting to do more and feeling overwhelmed?
15. What's one way I can make advocacy a joyful, sustainable practice in my life?
16. How can I inspire others to join me in advocating for change?
17. What's one time I've seen my advocacy efforts positively impact someone else?
18. How can I collaborate with others to amplify our collective impact?
19. Who in my life shares similar passions, and how can we support each other?
20. How can I make the causes I care about more accessible and engaging for others?

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21. What's a challenge I've faced as an advocate or activist, and how did I overcome it?
22. How do I respond when others criticize or dismiss the causes I care about?
23. What limiting beliefs or fears hold me back from stepping into my full potential as an advocate?
24. How can I turn setbacks in my advocacy work into opportunities for growth?
25. What self-care practices help me stay grounded and resilient while advocating for change?
26. What legacy do I want to leave through my advocacy efforts?
27. How can I ensure my actions align with the larger impact I want to create?
28. What's one tangible way I can measure the success of my advocacy?
29. How do I want the people or communities I advocate for to feel after interacting with me or my work?
30. What's one dream I have for the future of the causes I care about, and what's my role in making it happen?