

# HOW TO USE YOUR JOURNAL WHEN YOU DON'T KNOW WHAT TO WRITE: A 30-DAY PROMPT PATHWAY

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Transform blank pages from intimidating to inspiring with daily prompts designed to unlock your genius.

**GENIUS BEHAVIOR**

[www.geniusbehavior.com](http://www.geniusbehavior.com)

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# GENIUS BEHAVIOR MANIFESTO

Welcome to **Genius Behavior**, where an elevated mindset isn't a trend, it's a lifestyle. We believe genius isn't limited to rare prodigies or high IQs. Genius is within all of us - a unique spark, a divine download, a powerful perspective waiting to be activated. Whether you're building a brand, launching a business, navigating a career pivot, or simply showing up as your best self, Genius Behavior is about unlocking your highest potential—and doing it with intention.

We are not waiting for permission.

We are not asking to be discovered.

We are deciding to discover ourselves and live boldly in that discovery.

We believe **Genius Behavior** is...

Living in alignment with your gifts and using your strengths on purpose. Taking intentional steps toward building a life or brand around those gifts. Showing up consistently in a way that reflects your highest value and impact. Behaving like the version of you who's already operating at your next level.

Genius isn't what you know.

Genius is how you behave.

We are the thinkers, creators, leaders, and doers who know: Genius isn't only a gift. It's a behavior. We are the ones rewriting the narrative. We are Genius Behavior.

This **30-Day Prompt Pathway** is your invitation to step into that behavior—one question, one entry, one intentional choice at a time.

## GENIUS BEHAVIOR

# A NOTE FROM GENIUS BEHAVIOR

Genius Behavior was created for people who sense there's more inside them – even if they can't yet name it.

This pathway exists to turn blank pages into moments of clarity, confidence, and self-trust.

Journaling here isn't about perfection or performance. It's about presence.

Each prompt is an invitation to listen inward, reflect honestly, and move with intention.

There's nothing you need to fix or figure out before you begin.

Start where you are. Your genius already knows the way.

**Happy journaling!**

**- The Genius Circle**



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# WELCOME TO YOUR PATHWAY

If you've ever stared at an empty journal page thinking, "**I don't know what to write,**" you're in the majority. The blank page paradox is real: we buy journals with the best intentions, but when we open them, our minds go blank.

Here's the truth: You don't have a writing problem. You have a prompting problem.

## What This Guide Will Do For You

Over the next 30 days, you'll receive expertly crafted prompts organized into three powerful categories:

- ✓ **Genius Behavior Prompts** - Uncover your unique brilliance and natural strengths
- ✓ **Self-Awareness Prompts** - Understand your patterns, emotions, and behaviors
- ✓ **Growth & Alignment Prompts** - Create forward momentum toward your goals

By Day 30, you'll have built a consistent journaling habit AND discovered profound insights about who you are and what you're capable of.

## HOW TO USE THIS GUIDE

**STEP 1:** Choose your journaling time (morning, lunch, or evening)

**STEP 2:** Open to today's prompt number

**STEP 3:** Read the prompt twice before writing

**STEP 4:** Write for 5-15 minutes without editing

**STEP 5:** Check off the day in your tracker (page 12)

**PRO TIP:** Keep this guide inside your journal so you always have it ready.

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# THE 3 PROMPTS CATEGORIES

## GENIUS BEHAVIOR PROMPTS

**Days 1, 4, 7, 10, 13, 16, 19, 22, 25, 28**

**Purpose:** These prompts help you identify your unique gifts, natural talents, and the specific ways your genius shows up in daily life.

**When to use:** When you need confidence, clarity on your strengths, or motivation

**What you'll discover:** Your unique value, what makes you different, and how to leverage your natural abilities

**Days 2, 5, 8, 11, 14, 17, 20, 23, 26, 29**

**Purpose:** These prompts create deep personal insight by examining patterns, emotions, and the beliefs driving your behavior.

**When to use:** When you feel stuck, confused, or need to process emotions

**What you'll discover:** Recurring patterns, limiting beliefs, and what your emotions are trying to tell you

## SELF- AWARENESS PROMPTS

## GROWTH & ALIGNMENT PROMPTS

**Days 3, 6, 9, 12, 15, 18, 21, 24, 27, 30**

**Purpose:** These prompts focus on forward momentum, goal clarity, and aligning your actions with your values.

**When to use:** When planning, setting goals, or needing direction

**What you'll discover:** What you truly want, next right steps, and how to close the gap between where you are and where you want to be

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# ☐ DAY 1 | GENIUS BEHAVIOR

**Prompt:** Describe a moment when you felt completely in your element. What were you doing, and what made it feel effortless?

**Why this matters:** Your genius lives in the moments when things feel easy and natural to you but might be difficult for others.

**Go deeper:** What conditions allowed you to be in this state? How can you create more of these moments?

# ☐ DAY 2 | SELF-AWARENESS

**Prompt:** What emotion have I been avoiding lately, and what is it trying to tell me?

**Why this matters:** Avoided emotions don't disappear—they accumulate and create patterns in your behavior.

**Go deeper:** What would happen if you acknowledged this emotion fully? What does it need from you?

# ☐ DAY 3 | GROWTH & ALIGNMENT

**Prompt:** Where do I want to be in 6 months? What needs to shift to make that happen?

**Why this matters:** Clarity on your destination makes your daily decisions easier and more intentional.

**Go deeper:** What's the smallest possible first step? What would make this inevitable?

30

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DAY

PROMPTS

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## ☐ DAY 4 | GENIUS BEHAVIOR

**Prompt:** What do people consistently come to you for help with? What does this reveal about your natural gifts?

**Why this matters:** Others often see your genius more clearly than you do because it feels normal to you.

**Go deeper:** How could you develop this gift further? What would happen if you leaned into it more?

## ☐ DAY 5 | SELF-AWARENESS

**Prompt:** Describe my energy levels this week. What patterns do I notice about what drains vs. energizes me?

**Why this matters:** Energy management is life management. Understanding your energy patterns is power.

**Go deeper:** What drained you that you can eliminate? What energized you that you can multiply?

## ☐ DAY 6 | GROWTH & ALIGNMENT

**Prompt:** What's one area of my life that needs attention right now? What's the first small step?

**Why this matters:** Growth happens when you acknowledge what needs attention instead of avoiding it.

**Go deeper:** Why has this area been neglected? What would "better" look like here?

30

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DAY

PROMPTS

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## □ DAY 7 | GENIUS BEHAVIOR

**Prompt:** What activity makes you lose track of time? What is it about this that captivates you?

**Why this matters:** Flow states reveal where your natural interests and abilities intersect.

**Go deeper:** What elements of this activity could you bring into other areas of your life?

## □ DAY 8 | SELF-AWARENESS

**Prompt:** What belief about myself is holding me back? Where did this belief come from?

**Why this matters:** Most limitations are learned, not true. Identifying the source weakens its power.

**Go deeper:** What would be possible if this belief wasn't true? What evidence contradicts it?

## □ DAY 9 | GROWTH & ALIGNMENT

**Prompt:** What am I ready to release that no longer serves me?

**Why this matters:** Growth requires space. Letting go is just as important as building new.

**Go deeper:** What would you gain by releasing this? What's been the cost of holding on?

30

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DAY

PROMPTS

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## □ DAY 10 | GENIUS BEHAVIOR

**Prompt:** When have you felt most proud of yourself? What qualities did you demonstrate?

**Why this matters:** Pride points to your values and the person you're becoming.

**Go deeper:** How can you create more moments like this? What would your proudest self do today?

## □ DAY 11 | SELF-AWARENESS

**Prompt:** When do I feel most authentic vs. when do I feel like I'm performing? What's the difference?

**Why this matters:** Authenticity is magnetic. Understanding where you lose it helps you reclaim it.

**Go deeper:** What's the cost of performing? What allows authenticity to emerge?

## □ DAY 12 | GROWTH & ALIGNMENT

**Prompt:** What would my ideal day look like from morning to night? How can I incorporate pieces of this now?

**Why this matters:** You don't need to wait for perfect circumstances to live parts of your ideal life.

**Go deeper:** What's one element you could implement this week? What's stopping you?

## □ DAY 13 | GENIUS BEHAVIOR

**Prompt:** What comes naturally to you that others seem to struggle with?

**Why this matters:** Your "normal" is someone else's extraordinary. This is where your genius hides.

**Go deeper:** How could you help others with this? What if you developed this even further?

## □ DAY 14 | SELF-AWARENESS

**What am I tolerating in my life that I shouldn't be? What would change if I stopped?**

**Why this matters:** What you tolerate becomes your standard. Raising standards changes everything.

**Go deeper:** What's the real reason you've tolerated this? What boundary needs to be set?

## □ DAY 15 | GROWTH & ALIGNMENT

**Prompt:** What skill or habit would transform my life if I committed to it? What's stopping me?

**Why this matters:** You already know what would change your life. The question is whether you'll do it.

**Go deeper:** What would be different in one year if you started today? What's the real obstacle?

## □ DAY 16 | GENIUS BEHAVIOR

**Prompt:** If you were to teach someone anything, what would you want to share? What does this reveal?

**Why this matters:** What you want to teach reveals both your knowledge and your values.

**Go deeper:** Why does this matter to you? Who would benefit most from learning this?

## □ DAY 17 | SELF-AWARENESS

**Prompt:** What does my current daily routine say about my priorities? Are they aligned with what I say matters?

**Why this matters:** Your schedule reveals your true priorities, not your stated ones.

**Go deeper:** What needs to change to create alignment? What's one adjustment you could make this week?

## □ DAY 18 | GROWTH & ALIGNMENT

**Prompt:** Who do I want to become? What actions would that version of me take today?

**Why this matters:** Identity drives behavior. Clarifying who you're becoming guides what you do.

**Go deeper:** What's one decision that version of you would make differently today?

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DAY

PROMPTS

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## ☐ DAY 19 | GENIUS BEHAVIOR

**Prompt:** Describe a compliment you received that surprised you. Why did it catch you off guard?

**Why this matters:** Surprising compliments often point to strengths you've undervalued or overlooked.

**Go deeper:** What if they're seeing something true that you've been dismissing? How does that change things?

## ☐ DAY 20 | SELF-AWARENESS

**Prompt:** What feedback have I received recently (positive or negative)? What truth is in it?

**Why this matters:** All feedback contains data. Even unfair criticism often holds a grain of truth.

**Go deeper:** What's the kernel of truth here? What do I want to do with this information?

## ☐ DAY 21 | GROWTH & ALIGNMENT

**Prompt:** What's working well in my life right now? How can I do more of that?

**Why this matters:** Growth isn't just fixing problems—it's amplifying what's already working.

**Go deeper:** Why is this working? What would 10x more of this look like?

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DAY

PROMPTS

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## □ DAY 22 | GENIUS BEHAVIOR

**Prompt:** If you could solve one problem in the world, what would it be and why does it matter to you?

**Why this matters:** The problems that call to you reveal your purpose and unique perspective.

**Go deeper:** What personal experience connects you to this problem? What unique insight do you have?

## □ DAY 23 | SELF-AWARENESS

**Prompt:** What am I afraid to admit to myself? What would happen if I acknowledged it?

**Why this matters:** Unacknowledged truths create internal resistance and drain energy.

**Go deeper:** What's the worst that could happen if you admitted this? What might improve?

## □ DAY 24 | GROWTH & ALIGNMENT

**Prompt:** What decision have I been avoiding? What would clarity look like?

**Why this matters:** Avoided decisions create mental clutter and prevent forward momentum.

**Go deeper:** What information do you actually need? What are you really afraid of?

30

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DAY

PROMPTS

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## ☐ DAY 25 | GENIUS BEHAVIOR

**Prompt:** What would you do every day if money wasn't a factor? What does this say about your true interests?

**Why this matters:** Removing practical constraints reveals what genuinely matters to you.

**Go deeper:** What elements of this could you incorporate now? What's the underlying need?

## ☐ DAY 26 | SELF-AWARENESS

**Prompt:** How have I changed in the past year? What do I want to celebrate about my growth?

**Why this matters:** Acknowledging progress creates momentum and combats the feeling of stagnation.

**Go deeper:** What made this growth possible? What do you want to carry forward?

## ☐ DAY 27 | GROWTH & ALIGNMENT

**Prompt:** What does alignment feel like for me? When was the last time I felt it?

**Why this matters:** You can't create what you can't recognize. Defining alignment helps you seek it.

**Go deeper:** What conditions created that alignment? How can you create those conditions more often?

30

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DAY

PROMPTS

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## ☐ DAY 28 | GENIUS BEHAVIOR

**Prompt:** What version of yourself do you most want to become?  
What qualities does that person embody?

**Why this matters:** Your aspirational self is your compass. Getting specific makes the path clearer.

**Go deeper:** What's one quality you could embody more of today?  
What would change if you did?

## ☐ DAY 29 | SELF-AWARENESS

**Prompt:** What pattern keeps repeating in my life? What is the lesson I need to learn?

**Why this matters:** Patterns persist until the lesson is learned and integrated.

**Go deeper:** What would breaking this pattern require from you? What's the cost of not breaking it?

## ☐ DAY 30 | GROWTH & ALIGNMENT

**Prompt:** If I could only focus on three things this month, what would create the most meaningful impact?

**Why this matters:** Clarity on priorities eliminates decision fatigue and creates focused momentum.

**Go deeper:** What will you say no to in order to say yes to these three?  
How will you measure impact?

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# BONUS 5 EMERGENCY PROMPTS

Use these on difficult days when you need extra support:



## EMERGENCY PROMPT #1

"Right now, I feel \_\_\_\_\_ and that's okay because \_\_\_\_\_."

Sometimes you just need permission to feel what you're feeling without fixing it.



## EMERGENCY PROMPT #2

"Today was hard. Here's what I learned: \_\_\_\_\_."

Every difficult day teaches something, even if it's just what you don't want.



## EMERGENCY PROMPT #3

"I need to give myself permission to \_\_\_\_\_."

Often we need to explicitly grant ourselves permission to rest, say no, or take up space.



## EMERGENCY PROMPT #4

"One thing that went right today was \_\_\_\_\_."

Even terrible days have tiny bright spots. Finding them rewires your brain toward possibility.



## EMERGENCY PROMPT #5

"Tomorrow, I want to remember that \_\_\_\_\_."

What lesson or insight from today do you want to carry with you? Capture it now.

# HOW TO USE PROMPTS WITH AI

## The AI-Enhanced Journaling Method

Want to go even deeper? Combine traditional journaling with AI conversations for breakthrough insights.

### THE 3-STEP PROCESS:

**STEP 1:** Journal First Write your initial response to the prompt in your journal (5-10 minutes)

**STEP 2:** Consult AI Copy your response into ChatGPT or Claude with a follow-up prompt (see templates below)

**STEP 3:** Return to Journal Write down the insights, follow-up questions, or "aha moments" from the AI conversation

## QUICK TIPS FOR AI-JOURNALING

✓ **Start analog first** - Write in your journal before opening AI. This keeps your authentic voice.

✓ **AI is a thinking partner, not a replacement** - Use it to ask better questions, not to give you answers.

✓ **Always return insights to paper** - Your journal is your permanent record. AI conversations disappear.

✓ **Be specific with context** - The more detail you give AI, the better questions it can ask you.

✓ **Don't copy AI responses verbatim** - Translate insights into your own words in your journal.

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# FREE 5 AI PROMPTS TEMPLATE

## ☐ **TEMPLATE #1: The Deep Dive**

"I just journaled about [topic]. Here's what I wrote: [paste your writing].  
What patterns do you notice? What questions should I explore further?"

## ☐ **TEMPLATE #2: The Interview**

"I'm exploring my unique genius. Interview me about [specific area like my strengths/interests/experiences]. Ask me 5 thoughtful questions that help me see things I might be missing."

## ☐ **TEMPLATE #3: The Unstuck Tool**

"I'm stuck on this journal prompt: [paste prompt]. I don't know where to start. Give me 3 different angles I could use to approach this."

## ☐ **TEMPLATE #4: The Pattern Finder**

"Over the past week, I've journaled about: [brief summary]. What themes or patterns do you notice? What might these patterns be telling me about what needs attention in my life?"

## ☐ **TEMPLATE #5: The Next Step**

"Based on this journal entry [paste writing], what area of my life might need attention? What would be a good follow-up prompt to explore this deeper?"

START DATE:

END DATE:

## Instructions:

- ✓ Check off each day as you complete it
- ✓ Circle days when you had breakthrough insights
- ✓ Star days when you want to revisit the prompt

# YOUR 30-DAY TRACKING CALENDAR

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

## COMPLETION MILESTONES

Week 1 Complete (Days 1-7): You've started building the habit!

Week 2 Complete (Days 8-14): The hard part is over. Momentum is building.

Week 3 Complete (Days 15-21): You're officially consistent. Keep going.

Week 4 Complete (Days 22-30): You did it! Time to reflect on your journey.

## GENIUS BEHAVIOR

# QUICK REFERENCE GUIDE

## NEED THIS RIGHT NOW? USE THIS PAGE

**I DON'T KNOW WHAT TO WRITE TODAY → Go to the prompt for today's number**

- Or pick any prompt that feels relevant right now
- Or use Emergency Prompt #1

**I'M HAVING A REALLY HARD DAY → Use the Emergency Prompts**

- Write for just 3 minutes, not 15
- Focus on getting feelings out, not making sense

**I ONLY HAVE 5 MINUTES → Read the prompt**

- Write 3-5 sentences
- That counts! Showing up matters more than length

**I WANT TO FOCUS ON A SPECIFIC AREA**

For Confidence & Strengths:

- Use any Genius Behavior prompt

For Understanding Myself Better:

- Use any Self-Awareness prompt

For Moving Forward:

- Use any Growth & Alignment prompt

**I COMPLETED ALL 30 DAYS, NOW WHAT? → Complete the 30-Day Reflection**

- Choose your next steps
- Consider the full Genius Behavior Journal & Planner

**I WANT TO USE AI WITH MY JOURNALING → Write your journal entry first**

- Use one of the 5 AI templates
- Bring insights back to your journal

**I MISSED A FEW DAYS CAN I CATCH UP? YES! This is your journey. Options:**

- Do 2 prompts in one day
- Skip the missed days and continue from today
- Extend your 30 days to 40 or 50 days

There's no wrong way to use these prompts.

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# WHAT TO DO AFTER 30 DAYS?

**Congratulations!** You've Completed the Pathway

You've just spent 30 days getting to know yourself better, uncovering your genius, and building a sustainable journaling practice. That's worth celebrating.

Before moving forward, take time to reflect on the entire journey:

## REFLECTION QUESTIONS:

- What was the biggest insight you discovered about yourself?
- Which prompt category resonated most: Genius Behavior, Self-Awareness, or Growth & Alignment?
- What patterns emerged across multiple journal entries?
- How has your relationship with journaling changed?
- What do you want to continue exploring?

## NEXT STEPS: KEEP THE MOMENTUM GOING

**OPTION 1:** Repeat with Fresh Perspective. Go through the 30 prompts again. You'll be amazed at how differently you answer them now.

**OPTION 2:** Create Your Own Prompts Use the structure you learned to write custom prompts tailored to your current life season.

**OPTION 3:** Free Write Now that you have the habit, try blank page journaling. You might surprise yourself.

**OPTION 4:** Focus on One Category Spend the next 30 days diving deep into just Genius Behavior, Self-Awareness, OR Growth & Alignment prompts.

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# ABOUT GENIUS BEHAVIOR

## The Philosophy Behind the Prompts

**Genius Behavior** is built on one core belief: Everyone has genius within them—most people just haven't been asked the right questions to uncover it.

Your genius isn't about being the smartest person in the room. It's about recognizing your unique combination of talents, perspectives, and experiences that only you possess.

### These prompts were designed to help you:

- Ask yourself better questions
- Recognize patterns in your behavior and thinking
- Connect your strengths to your daily life
- Build unshakeable self-awareness
- Take aligned action toward becoming who you're meant to be



### NOTE FROM OUR COMMUNITY

The blank page isn't your enemy... it's your canvas. These 30 days proved you don't need to "know what to write" to benefit from journaling. You just need to start. And you did.

Every prompt you answered was an act of self-discovery. Every day you showed up was an investment in becoming the person you're meant to be.

Your genius isn't something you need to find. It's already there. You're just learning to recognize it, trust it, and let it guide you. Keep going. Your future self will thank you.

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We created these prompts because we know what it's like to stare at a blank page and feel stuck. But we also know the transformation that happens when you start asking yourself the right questions. This guide is the result of years of personal journaling practice, research into what creates lasting change, and deep belief that everyone deserves tools that actually work

**-GENIUS BEHAVIOR**

# READY TO TAKE YOUR PRACTICE DEEPER?

**The Genius Behavior Journal & Planner gives you:**

- ✓ Premium blank pages designed for deep reflection
- ✓ Planning sections to turn insights into action
- ✓ Intentionally crafted structure for genius discovery
- ✓ Beautiful design that makes you want to show up daily
- ✓ Portable format for journaling anywhere

This guide gave you the prompts. The full journal gives you the space to fully unlock your genius. Visit [www.geniusbehavior.com](http://www.geniusbehavior.com) to explore the full collection.



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## ONE MORE THING...

If this guide helped you, the best way to support is to share it with someone who's been saying, "I want to start journaling but don't know what to write."

Your recommendation might be exactly what they need to get started.

Thank you for trusting Genius Behavior with your self-discovery journey.

**Now Go Unlock Your Genius.**

Connect With Us:



**@itsgeniusbehavior**



**www.geniusbehavior.com**

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NOW**

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