

# JOURNALING LIFE LOVE LATTE

SILVIA MORDINI, FOUNDER LIFE INSPIRED

These writing prompts are coordinated with first episode of "Life, Love, and Latte." They are designed to inspire deep self-reflection and insight as you embark on your journey of renewal and self-discovery.

1. What emotions or sensations arise within me when I think about the new chapter I'm entering in my life?
2. When I reflect on my passions and dreams, what specific activities or experiences make my heart excited?
3. Are there any fears or doubts that are holding me back from fully embracing this new phase? How can I overcome them?
4. What are some tangible goals or milestones I want to achieve in this next chapter of my life?
5. When I consider the idea of "letting go," what immediately comes to mind? Are there any attachments or habits I need to release?
6. How can I create a supportive environment for myself as I navigate this transition? What self-care practices or routines can I implement?
7. In what ways have past experiences shaped my beliefs and perceptions about life and change? Are these beliefs helping or hindering my growth?
8. What is one thing I can do today to start the process of letting go of what no longer serves me?
9. Reflect on a time when you offered help or kindness to someone else. How did it make you feel?
10. In what small ways can I incorporate acts of service into my daily life, aligning my actions with a sense of purpose and compassion?



Silvia is a highly sought-after speaker, author, and knowledge leader with over 20 years of experience in inspiring people to live a more mindful, fulfilling, and happy life. As a former Fortune 500 senior executive, she brings a unique perspective to her work and is the creator of dozens of courses on topics focused on helping people incorporate healthy habits and mindfulness into their daily routine.

In addition to her courses, Silvia is also the creator of the 10-year-old YouTube channel LIFE inspired and the blog Love Your Day. Her work has been featured on popular platforms like HuffPost, Gaia, MindBodyGreen, and many more. Silvia's teachings have been described as "life-changing," and she is known for her ability to inspire happiness, global awareness, and joyful living.



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