

Seven Journaling Prompts

For men climbing toward a life of meaning

Meaning isn't found at the summit. It's built one honest step at a time. Sit with one prompt at a time, no rush, no performance. Just you and the page.

01 The false summit

What's a goal you reached that you thought would make you feel arrived, but didn't? What did that teach you about the difference between achievement and meaning?

02 What are you scrolling past?

Think about the last time you reached for your phone to numb out instead of feel something. What were you avoiding in that moment, and what might it have been telling you?

03 Base camp

Who or what is your foundation right now: the people, beliefs, or routines you climb from? Are you building on solid ground, or have you been climbing alone?

04 The route you didn't choose

Where did you inherit your definition of a "successful life," from your father, your work, your culture? What would your own route look like if you stripped that away?

05 Weight in the pack

What are you carrying that isn't yours to carry: old expectations, unspoken grief, a version of yourself you've outgrown? What would it take to set one thing down this week?

06 The rope

Meaning rarely gets built solo. Who has actually seen you struggle, not just your highlight reel, and what did it cost you to let them?

07 The next pitch

Not the whole mountain, just the next move. What's one honest, specific step toward a life that feels like yours, not one you're performing for others?
