



Journal Prompts

Use the prompts below to help you with your journaling process:

- Write down 3 things you are grateful for
- Write about what you did today? What went well?
- How did you stay true to yourself today?.. If you didn't, how can you do better tomorrow?
- What made you happy today?
- What do you need to get off of your chest?
- What do you want more of in your life?
- What do you want less of in your life?
- If you showed up every day like you did today, would this make you happy?

Letters To You

Use the prompts below to write a letter to yourself:

- Write a letter to yourself accepting you for who you are
- Write a letter to yourself dated 1 year from now. Write it as if the past 12 months have gone exactly how you wanted. Keep it positive and list all the things you want to happen in the present tense. This is the ultimate way to not only realise your dreams but it can manifest them into reality!