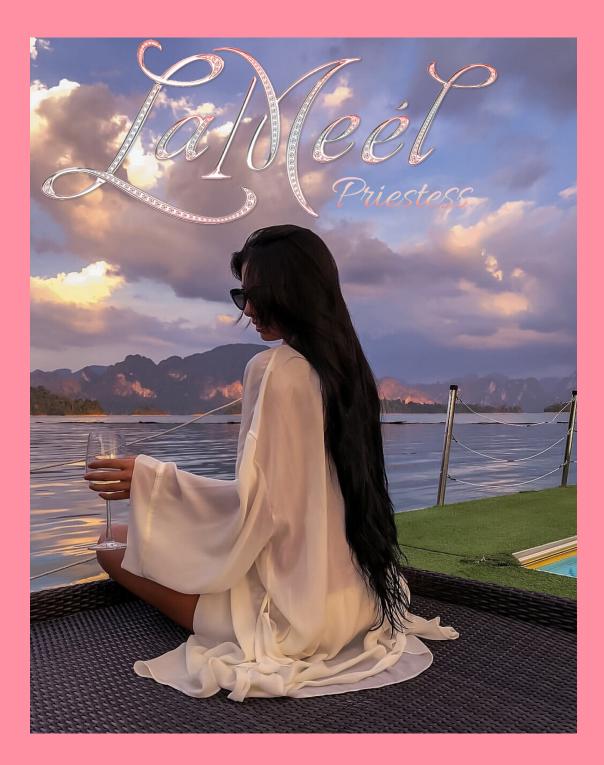
Journal Prompts



Journal Prompts

How do I find Fulfillment?

What are ten (10) things that I'm grateful for today?

What are ten (10) things that I'm grateful for regarding my financial situation today?

What are five (5) ways I can get out of my confront zone?

How do I cope with my insecurities? What will I need to do to change it?

Journal Prompts

What would I do if I didn't care what other thought?

I am worthy of ???

What would I stop doing?

What does self-care mean to me?

Journal Prompts