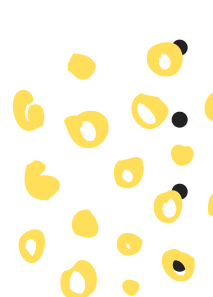





Journal Prompts

GRATITUDE / GROWTH

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- *How am I feeling today? What are three wins for today?*
 - *What am I grateful for right now?*
 - *I am happiest when...*
 - *What could I have done better today?*
 - *What is one goal that I have for tomorrow?*
 - *What are three goals I have for this week?*
 - *What do I love most about myself?*
 - *What was my favorite moment today?*
 - *What are three ways that I can improve my mood at any moment?*
 - *I feel most confident when...*
 - *I am proud of myself because...*
 - *Something I have gotten better at in the last couple years is...*
 - *I am going to accomplish these three things in the next year:*
 - *I am going to accomplish these three things in the next 5 years:*
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