

The Power of Journaling.

Week 1 - Journal Prompts

The below journal prompts can be used in any order. If you feel resistance to a prompt and don't want to answer it, consider where this resistance may be coming from as this may be hiding something that needs your attention.

You may wish to set a timer for 3-5 minutes for each prompt, or just see where your thoughts take you.

Don't censor your thoughts or think too much about your answer. Simply start writing whatever comes to mind.

- What do you want to achieve this week? How will achieving this help you?
- How are you feeling today? What is causing these feelings?
- Write a list of everything you'd like to say "yes" to in your life
- What words do you need to hear right now?
- Describe, in detail, what you can see from your window
- List 10 things you are grateful to have in your life. Add the reasons for your gratitude for each one
- Complete this sentence - "The best adventure I ever had was..."

