

Journal Prompts

Work through an issue:

- *What is bothering me?*
- *Why is this bothering me?*
- *What do I need from this situation?*
- *What do I wish I could change about this situation?*
- *Is there anything I cannot change about this situation?*
- *If I could have this work out ideally for me, what would that look like?*
- *Is there anything I can do to make that happen? What action can I take?*

Practice Gratitude

- *What am I grateful for right now?*
- *What is going well for me right now?*
- *What am I enjoying right now?*
- *What rewards for my efforts am I seeing right now?*
- *What has worked out for me lately?*
- *What do I like about myself?*
- *What am I most proud of about myself?*
- *What are my best qualities?*
- *What do I want to improve about myself?*

Setting Intentions/Goals

- *I want to become a _____.*
- *I want to _____.*
- *I see myself working as a _____.*
- *I see myself living in _____.*
- *What I really want out of life is to _____.*
- *My main goal in life is to be _____.*
- *I am working towards _____.*
- *By (enter date), I will be _____.*
- *Every day I will work on _____ for _____ minutes.*
- *An intention I have for the next month is to _____.*

Positive Affirmations

- *I am _____*
- *I am learning how to _____*