

morning journal prompts

CREATE A LIFE YOU LOVE

WHAT ARE 3 THINGS I'M **GRATEFUL** FOR, AND WHY?

HOW DO I WANT TO **FEEL** TODAY?

DESCRIBE YOUR **DREAM LIFE**

evening journal prompts

CREATE A LIFE YOU LOVE

WHAT ARE SOME **JOYFUL MOMENTS** I EXPERIENCED TODAY?

WHAT DID **LEARN** TODAY? (ABOUT MYSELF, WHAT I WANT, OR THE WORLD)
