Journal Prompts

If you're feeling safe and comfortable, take a moment to reflect on the following questions. We recommend finding a quiet place to clear your mind.

How am I currently fe	eeling?
	7 7 1 3 3
When do I feel most like	e myself?
What are some of my hea	althy habits?
	(

	Wh	at make	es me fe	eel powe	rful?	
		What	brings r	me joy?		
						///!\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
	\//boro	do Lwa	nt to bo	in a voa	r'o tim	~//!\\\
	vviiere	uo i wai	iii io be	in a yea	1 5 11111	e:
· / / 1	1,,,					
	What	have I I	earnt in	the past	t year'	?