

JOURNALING

Prompt

TODAY I AM GRATEFUL FOR...

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Prompt

THREE THINGS THAT MADE ME SMILE
TODAY WERE...

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IF I COULD HAVE A DO-OVER OF ANY
MOMENT FROM TODAY, WHAT WOULD IT
BE...

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ONE GOAL I HAVE FOR MYSELF THIS WEEK
IS...

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A POSITIVE AFFIRMATION I AM GOING TO
SAY TO MYSELF TODAY IS...

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ONE WAY I CAN SHOW MYSELF SOME SELF
LOVE TODAY IS...

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TONIGHT BEFORE I GO TO BED, I AM GOING
TO...

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WHAT IS SOMETHING YOU ARE LOOKING
FORWARD TO...

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WHAT IS SOMETHING KIND YOU CAN DO
FOR SOMEONE ELSE TODAY...

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WHAT ARE 5 THINGS YOU CAN DO TO
RELAX...

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WHAT ARE 3 THINGS YOU CAN DO TO
REDUCE STRESS IN YOUR LIFE...

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WHAT ARE 3 THINGS YOU CAN DO TO TAKE
CARE OF YOUR MENTAL HEALTH...

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WHAT ARE 3 THINGS YOU LOVE ABOUT
YOURSELF...

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WHAT ARE 3 THINGS THAT BRING YOU JOY...