

Journal Prompts:

I am grateful for:

- 1.
- 2.
- 3.

Think about another time in your life when you were unsure of what the future held for you. What did you learn from that experience that you could apply to your life/ mindset right now?

Life is, often, so fast paced that it passes us by too quickly. What are some areas in your life that you'd like to establish more presence in? What practices and/ or habits can you implement to do this?