

## Journal prompts...

...to start your day right

- what would it look like to spend your time well today?
- what are you anticipating will be stressful today? how can you prepare yourself well to cope with that stress?
- what are you excited about today? how can you remain present with that joy?
- what goals are you working toward? what is one thing you can do to move one of those goals forward today?
- how can you support yourself today?