

FINELY NOURISHED

JOURNAL PROMPTS FOR *self discovery*

WHAT DOES YOUR DREAM LIFE LOOK LIKE?

LIST THREE THINGS YOU ARE GRATEFUL FOR:

DESCRIBE THE LAST THING TO MAKE YOU LAUGH:

WHAT DOES HAPPINESS MEAN TO YOU?

HOW ARE YOU MOVING FORWARD TOWARD YOUR GOALS?

YOU DON'T HAVE TO TACKLE THE BIG PICTURE ALL AT ONCE.
SO, WHAT'S ONE THING YOU CAN DO NEXT NEXT TO MOVE CLOSER TO YOUR GOALS?

WHAT CAN YOU DO TO MAKE TODAY/TOMORROW AMAZING?

WHAT CAN YOU/DID YOU SAY "YES" TO TODAY?
