



Journal Prompts

As caregivers, it's easy to lose ourselves in responsibility. Journals are a great tool to help release a dark day, let go of unhappy thoughts, or unwind at the end of a particularly trying week. But journals are also a great place to center and ground, to find calm and peace. Below are a few prompts to use on your life's journey. You can answer these in any order, at any time, whenever they are calling to you.

10 things that make me happy

1 dream I have for myself

1 specific long-term goal relating to my happiness

1 thing I could do now to move me in the direction of this goal

1 place I would like to visit and why

1 thing I enjoyed doing in childhood that I would like to do now

1 creative activity I enjoy and 1 way I could do it now

1 person I admire and why

1 gift or talent I have

A career I wish I had

1 way I could explore this career

1 thing I really love about myself