

5 MINUTE JOURNALING

#1 What are 5 things that make you smile?	#2 What boundary do you need to set this week?	#3 What do you love about your job?	#4 How can you show yourself love today?	#5 What discovery have you made that you are grateful for?	#6 What is one fear that's holding you back?	#7 What piece of beauty or nature did you appreciate this week?
#8 What challenge did you overcome this week?	#9 What are 3 things you'd like to do for others this week?	#10 What do you love about your family and friends?	#11 What is a risk you need to take to go to the next level in your life?	#12 What makes you feel energetic and radiant?	#13 How can you be proactive instead of reactive today?	#14 What is a moment in your life you will always be thankful for?
#15 What lessons did life try to teach you this week?	#16 What affirmation do you need this week?	#17 What is one good habit you'd like to add to your life?	#18 What is one bad habit you'd like to stop?	#19 Where is one place that brings you peace?	#20 What are 5 things you can simplify or streamline?	#21 What do you love about yourself?
#22 What are 3 small wins you had this week?	#23 Are your highest priorities reflected in your to-do list?	#24 In what ways have you changed over the last year?	#25 How can you take care of yourself today?	#26 Who or what do you find inspiring?	#27 Who have you connected with recently?	#28 What are your top 3-5 goals?
#29 What activities brought you joy this week?	#30 What does your dream life look like?					