Journal Prompts

If you're feeling safe and comfortable, take a moment to reflect on the following questions. We recommend finding a quiet place to clear your mind.

How am I currently fe	eeling?
When do I feel most like	e myself?
What are some of my hea	althy habits?
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What makes me feel powerful?
What brings me joy?
Where do I want to be in a year's time?
What have I learnt in the past year?

