

JOURNALING



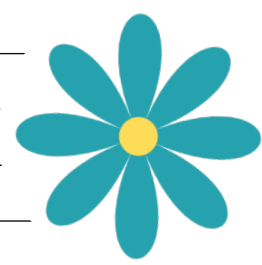
Journaling Prompts

1. **What do you want to do this month?** What are 3 goals you have for March? List some action steps you can take to accomplish them?
2. List your biggest priorities this month (aside from your goals).
3. What is making you happy right now?
4. What is your budget for this month?
5. What is weighing on your mind right now? What is something you can do to lighten the load?
6. Write down 5 affirmations about your career.
7. What are you looking for in a dream career?
8. How are you trying to advance your career?
9. List 10 things you are grateful for recently.
10. What feelings are you struggling with right now?
11. How are you dealing with uncomfortable emotions?
12. How do you deal with conflicts in your life?
13. What was a recent kind gesture from a stranger?
14. What is something surprising that happened to you recently?
15. **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
16. What makes you unique?
17. Do you often follow trends?
18. What trend do you think you started?
19. What trend do you wish would come back?
20. What trend do you hope never comes back?
21. How are you holding on to your youth?
22. What makes you feel young?
23. What would your own fairy tale life look like?
24. Do you believe in anything fantasy-related?





Lined area for journaling prompts, consisting of 30 horizontal lines.



Affirmations

For a Positive Mindset

I attract my desires every day
I have faith in myself and my abilities
Positive energy radiates through me
Everything is working for the greater good
I forgive others for they are on their own path
I surround myself with encouraging & supportive people
I have the strength to face my fears
My dreams are within my grasp
I visualize the life I want to live
I have the power within me to live my best life
I never stop working on myself, for my faith is infinite





Daily Affirmation: _____

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Daily Affirmation: _____

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