

## JOURNAL PROMPTS

# *Gentle on Anxious Days*

For the days anxiety is loud and you need a kinder voice.

Where do I need to give myself permission to step out when things feel like too much?



What am I doing well right now that I haven't acknowledged?



What kind of help would make a real difference for me right now?



What have I done recently even though I was scared?



What could I do now that I couldn't do a year ago?



What need have I been minimizing, and how can I make room for it?



What do I do differently that actually works for me?



What would getting through today look like, gently?



What am I carrying right now that deserves some credit?



What would I do for myself this week if I didn't feel guilty about it?



# Gentle on Anxious Days

CUT ALONG THE DASHED LINES

NO. 1



*Where do I need to give myself permission to step out when things feel like too much?*

NO. 2



*What am I doing well right now that I haven't acknowledged?*

NO. 3



*What kind of help would make a real difference for me right now?*

NO. 4



*What have I done recently even though I was scared?*

NO. 5



*What could I do now that I couldn't do a year ago?*

NO. 6



*What need have I been minimizing, and how can I make room for it?*

NO. 7



*What do I do differently that actually works for me?*

NO. 8



*What would getting through today look like, gently?*

NO. 9



*What am I carrying right now that deserves some credit?*

NO. 10



*What would I do for myself this week if I didn't feel guilty about it?*

