JOURNAL PROMPTS

For the Heavy Days

For the days it's just... a lot.

What feels especially heavy today?

What do I need to hear today?

What would I say to a friend feeling the way I do?

What would make today feel 1% softer?

What's one thing I've already survived before?

What brought me comfort recently?

What's something small that made me smile lately?

What's been bringing warmth into my life lately?

What feels hopeful to me right now?

What's making life feel softer lately?

For the Heavy Days

CUT ALONG THE DASHED LINES

NO. 1



What feels especially heavy today?

NO. 2



What do I need to hear today?

NO. 3



What would I say to a friend feeling the way I do?

NO. 4



What would make today feel 1% softer?

NO. 5



What's one thing I've already survived before?

NO. 6



What brought me comfort recently?

NO. 7



What's something small that made me smile lately?

NO. 8



What's been bringing warmth into my life lately?

NO. 9



What feels hopeful to me right now?

NO. 10



What's making life feel softer lately?

