

## JOURNAL PROMPTS

# *Kitchen Wisdom*

Life lessons from the kitchen.

Where in my life could I check in and adjust as I go instead of waiting until the end?



What would I adjust in my life if I trusted my own taste?



What in my life is still simmering that I need to be patient with?



What am I trying to rush that might be better if I let it rest?



What in my life nourishes me, even if it doesn't impress anyone else?



Where have I doubted my own preferences, and what do I actually like?



What part of my life needs the heat turned down right now?



What is patience asking of me right now?



What simple things make my life good right now?



How would I care for myself if I treated myself like someone I love?



# Kitchen Wisdom

CUT ALONG THE DASHED LINES

NO. 1



*Where in my life could I check in and adjust as I go instead of waiting until the end?*

NO. 2



*What would I adjust in my life if I trusted my own taste?*

NO. 3



*What in my life is still simmering that I need to be patient with?*

NO. 4



*What am I trying to rush that might be better if I let it rest?*

NO. 5



*What in my life nourishes me, even if it doesn't impress anyone else?*

NO. 6



*Where have I doubted my own preferences, and what do I actually like?*

NO. 7



*What part of my life needs the heat turned down right now?*

NO. 8



*What is patience asking of me right now?*

NO. 9



*What simple things make my life good right now?*

NO. 10



*How would I care for myself if I treated myself like someone I love?*

