

JOURNAL PROMPTS

Hope Over Worry

When your mind writes the worst ending, write a better one.

What ending has fear already written for me, and what would I add to it?



What's the best possible outcome of the thing I'm worried about?



How could I use my imagination to calm me instead of scare me?



What good outcome could I let myself picture, even if I don't fully believe it yet?



What good possibilities am I overlooking because I'm focused on the unknown?



What does it look like, in detail, if this works out?



What's one small way I can practice hope today?



What would I feel if this went right?



If I could write the ending to this story, what would it be?



After a few deep breaths, what's the best version of how this could go?



Hope Over Worry

CUT ALONG THE DASHED LINES

NO. 1



*What ending has fear already
written for me, and what would I
add to it?*

NO. 2



*What's the best possible outcome
of the thing I'm worried about?*

NO. 3



*How could I use my imagination to
calm me instead of scare me?*

NO. 4



*What good outcome could I let
myself picture, even if I don't
fully believe it yet?*

NO. 5



*What good possibilities am I
overlooking because I'm focused on
the unknown?*

NO. 6



*What does it look like, in detail, if
this works out?*

NO. 7



*What's one small way I can
practice hope today?*

NO. 8



*What would I feel if this went
right?*

NO. 9



*If I could write the ending to this
story, what would it be?*

NO. 10



*After a few deep breaths, what's
the best version of how this could
go?*

