

The Smart Lioness'
JOURNAL THERAPY PROMPTS

June 2019

When do you feel the most in tune with yourself?

What is your best habit?

What did you get accomplished today?

What do I need to give myself permission to do?

What do you need to start saying "yes" to?

Who or what lights you up?

If you could have one do over, what would you do?

What one responsibility do you most wish you didn't have?

You have no electronics or power of any kind, now what do you do?

How do you recharge your batteries?

What legacy would you like to be known for?

What makes you feel empowered?

If you could mark one thing off your bucket list today, what would you do?

What drained you this week?

What are 2 things you need to do less of?

What is your #1 trigger for anxiety?

What book do you really want to read?

What is one thing you look forward to everyday?

What is one song that makes you feel good?

When things seem tough, I want to remember...