

Journaling Prompts

(cut these prompts out & adhere to your journal page)

1. **Embrace your imperfection:** SHARE what bothers you about yourself.
2. **Honor someone's memory:** Share their legacy.
3. **Healing Now:** If someone has hurt you, write about it today.
4. **Create a New Beginning:** List several things you plan to do to help yourself.
5. **Between Us:** Share what's bugging you.