

JOURNALLING PROMPTS

Start your day with clarity and focus!

These prompts are designed to help you understand your mornings, set intentions, and show up for yourself.

MONDAY

What are 3 things I'm grateful for today?

TUESDAY

How do I want to feel today? What can I do to create that feeling?

WEDNESDAY

What's the one thing I need to accomplish today?

THURSDAY

What's going well this week? What habits or choices are giving me energy?

FRIDAY

What's one thing I want to release from this week to step into the weekend lighter and more focused?

SATURDAY

Looking back at the week, what am I proud of? What patterns or lessons do I notice about my mornings?

SUNDAY

What's one intention or goal I want to set for the week ahead? How can I design my mornings to support it?

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