

MORNING FIVE MINUTE *Journal* PROMPTS

1. What is one thing I am grateful to have in my life right now?

2. What would make today feel meaningful, even if it isn't perfect?

3. What is one thing I want to give my attention to today?

4. How do I want to feel when I look back on today tonight?

5. What is something I can do today that my future self will appreciate?

6. What do I need more of today: rest, focus, connection, patience, or something else?

7. What is one thing I can let go of before my day begins?

8. What is something I am capable of handling, even if it feels uncomfortable?

