



Describe a moment today when you felt truly at peace and why.	Date:	
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Write about a place that makes you feel calm and relaxed.	Date:	
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What are three things you're grateful for	Date:	
today and how do they make you feel?		
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Describe your favorite self-care routine and why it's important to you.	Date:



Write about a time when you overcame a challenge and felt proud.	Date:



What are your top five favorite scents and what memories do they evoke?	Date:	
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List ten things you love about yourself and why they're special.	Date:



Reflect on a recent dream and what you think it means.	Date:	



Write about a person who inspires you and how they've impacted your life.	Date:



Describe a hobby or activity that brings you	Date:	
joy and why you love it.		
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What are three goals you have for the next month and how will you achieve them?	Date:



Write about a favorite book or movie and why it resonates with you.	Date:



Describe a perfect day from start to finish and	Date:
how it makes you feel.	
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Reflect on a time when you helped someone and how it made you feel.	Date:



What are five things you cherish most in your life and why?	Date:



Write about a lesson you've learned recently and how it's changed you.	Date:	
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Describe a favorite childhood memory and what it means to you now.	Date:



What are three ways you can be kinder to yourself this week?	Date:	
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Reflect on a recent adventure and what you discovered about yourself.	Date:
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Write about a song that makes you feel happy and why it's special to you.	Date:	_
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Describe a time when you felt connected to nature and why it was meaningful.	Date:



What are three small things that make you smile and why?	Date:



Write about a moment when you felt truly understood and how it impacted you.	Date:	
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Describe your ideal morning routine and how it sets the tone for your day.	Date:



Reflect on a time when you felt strong and capable and how you achieved it.	Date:



Write about a place you want to visit and why it fascinates you.	Date:	



What are three ways you can practice mindfulness in your daily life?	Date:	
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Describe a favorite meal and the emotions it evokes.	Date:



Write about a person who has made a positive difference in your life and how.	Date:	



What are five things you're looking forward to and why?	Date:	
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Reflect on a moment today when you felt grateful and why.	Date:	



Describe a skill you want to learn and why it	Date:	
excites you.		
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Write about a time you felt proud of yourself and what you accomplished.	Date:	



What are three affirmations you can say to yourself to boost your confidence?	Date:	
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Describe a favorite holiday tradition and why	Date:	
it's meaningful to you.		
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Write about a time when you felt deeply relaxed and what contributed to that feeling.	Date:



What are three things you can do to support your mental health this week?	Date:	
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Reflect on a time when you felt connected to someone and why it was special.	Date:



Describe a favorite season and what you love most about it.	Date:
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Date:	
	Date:



What are three ways you can spread kindness to others this week?	Date:	
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Describe a time when you felt truly happy and what made it so special.	Date:
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Write about a person you admire and what qualities you aspire to emulate.	Date:



What are three things you can do to create a peaceful environment at home?	Date:



Reflect on a recent act of kindness you received and how it made you feel.	Date:	
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Describe a time when you felt creative and what inspired you.	Date:



Write about a personal strength and how it helps you in daily life.	Date:	



What are three things you can do to stay present in the moment?	Date:	
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Describe a favorite family tradition and why	Date:
it's important to you.	
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Write about a time when you felt hopeful and what gave you that feeling.	Date:	

