

JOURNAL PROMPTS

TO WELCOME IN THE NEW MONTH

PROMPT #1

What do I want to leave behind from last month-- thoughts, habits, worries that no longer serve me?

PROMPT #2

What kind of energy do I want to bring into this new month?

PROMPT #3

What is one small thing that I can do regularly this month to support my healing?

PROMPT #4

What is something I am proud of myself for?

PROMPT #5

If I could speak to myself at the end of this month, what would I hope to hear?