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that you could use. Pick one at random, or assign different exercises for different days. If you have any additional prompts or activities that you like to use, then share them with us in the comments section below.

Journaling for Mindfulness: 44 Prompts,

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30 Journaling Prompts for Self-Reflection

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and Self-Discovery For Personal

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Personal Growth by Meredith Lane 32

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Journaling Exercises And

Personal Growth ... Personal

Below you will find 100 prompts to complete, when engaging in journaling, particularly if you're a bit "stuck" about what to write about. They may trigger ideas for you. As you will quickly notice, the prompts are short in length, opening the door for you to spread your wings

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when you write! 1. Today, I plan to.... 2. I feel.... 3.

WRITING FOR RECOVERY -- WRITING EXERCISES AND IDEAS

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journaling prompts. So grab a pen and a

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journal and start connecting with your inner self. How to get started with your self-reflection journaling? 1. Take out Me-time: You need to take out peaceful time for yourself and for your journaling.

Writing Exercises

50+ Self-reflection Journaling Prompts|

Time to Introspect ...

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Again, any journal will do, so long as it is a journal dedicated to only this exercise, and not a journal used for other activities, for example, a homework journal. The prompt that can be used is adapted from Froh, Sefick, and Emmons (2008), which was initially given to the gratitude group in their experiment.

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The Gratitude Journal: Prompts, PDFs and Worksheets

New Year Journal Prompts. 82. Word of the year is. 83. One thing you learned last year. 84. One habit that you gave up last year. 85. Quote that inspired you last year. 86. A letter to the past year. 87. Your

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photo album of last year looked like. 88.

In what three ways have you made last year memorable?

92 Journaling Prompts That Will Inspire You In 2021 - Kites ...

21 Journaling Prompts and Ideas. These juicy journaling prompts not only get your

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pen a-flyin', they also set you down a path you may not have taken if left to your own devices. So, next time you're fresh out of words, try one (or five) of these thought provoking journaling prompts and exercises: 1. Uplift your mood journaling exercise

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21 Journaling Prompts and Ideas (#10 is only for the brave ...

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you to reflect on your self-esteem, your

goals, living intentionally — and focus on

YOU. Because when you understand

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yourself better, you can take the actions to grow — even if it's baby steps and/or admitting you need help.

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Your Secret Checklist to Journaling Like a

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