

# Journal Prompts

What am I grateful for?	Where am I winning?	What is one thing I am looking forward to this week?
What is one thing I need to let go of?	What action can I take to achieve ___?	What advice would I give to my friend?
What am I proud of?	What is one thing I can do to improve my health?	What would my 80 year old self say to me?