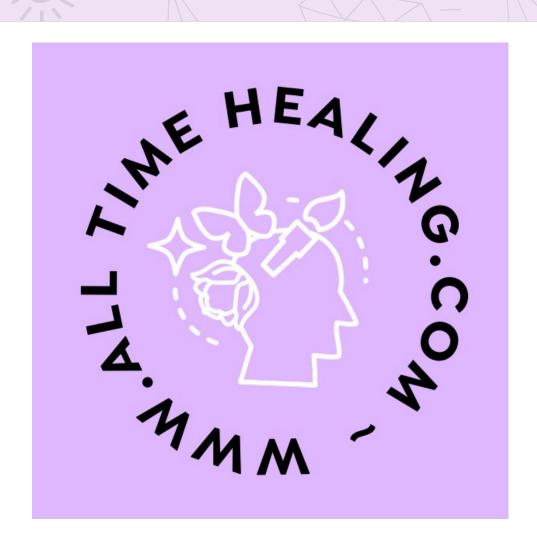
Worksheet



Use these pages as prompts for writing in your journals!

Day Journal Methods

Set the stage for your writing practice. What does it look like?

What methods do you resonate with the most?

Go into your past & write about 3 events that impacted your PRESENT self.

What method do you want to excel in now?

Make a SUPER
SHORT
To-DO list that you
can easily
accomplish.