

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.**