



# JOURNAL PROMPTS

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1. How do you feel?
2. How do you really feel?
3. Make a list of all your current emotions.
4. Which emotions are most present? Make a list of the top 5 emotions in order of strength.
5. The emotion, which is the strongest, what is causing this emotion?
6. Is the cause of this emotion something which can be sorted in this present moment?
7. If yes, what are the steps you need to take to help ease the discomfort of this emotion.
8. If no, what could you do to remain in the present moment right now?
9. Write down an affirmation which will help you to remain in the present moment and repeat it to yourself everyday. It could be I am grounded, I am here, I am enough.