

Journaling Prompts:

**For the morning:**

How do I imagine this day will go?

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How do I *want* this day to go?

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What is one thing I can do for myself to make today better?

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**For the evening:**

What did I like about today?

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Was there any one thing that happened which gave me profound happiness or hope for the future?

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Was there any hardship/problem which did occur today?

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Is there a way to make future days better for myself?

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