

A person wearing a beige, textured knit sweater is sitting and holding a smartphone. The phone is held in both hands, and the person's fingers are visible on the screen. The background is slightly blurred, showing green foliage and a wooden chair. A semi-transparent rectangular box is overlaid on the center of the image, containing the title text.

HEALING
JOURNAL
PROMPTS

JAMIE ATWOOD

Journal Prompts:

WHAT IS CHANGING AND WHAT IS NOT CHANGING?

HOW DO I FEEL ABOUT THE CHANGE IN GENERAL, AND HOW HAS IT IMPACTED MY LIFE SO FAR? WHAT MAKES YOU FEEL POWERFUL?

WHAT MAKES YOU FEEL POWERLESS?

WHAT PARTS OF YOUR DAILY LIFE NEED TO CHANGE FOR YOU TO ACHIEVE YOUR GOALS?

WHAT IS YOUR IDEAL DAY?

A warm, inviting scene featuring a woven placemat with a cup of tea, a glass of water, and an open book. The background is softly blurred, showing a green plant and a window with light streaming in. A semi-transparent white box is overlaid on the center of the image, containing text.

LOOKING FOR MORE SUPPORT?

Book a **FREE** 15 minute consultation with the
link below!

COUNT ME IN!