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What is something
you want to achieve

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this year? Write five goals for January. Make plans for Spring. February. What are your goals for February? Write about your dream Valentine's Day date, you can try some Valentine... March. Make a spring cleaning plan to ...

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*To Inspire You in
2020*

30 Journaling
Prompts for Self-
Reflection and Self-
Discovery My favorite
way to spend the day
is... If I could talk to my
teenage self, the one
thing I would say is...
The two moments I'll
never forget in my life
are... Describe them in
great detail, and what

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Prompts makes them so unforgettable. Make a list of 30 ...

*30 Journaling
Prompts for Self-
Reflection and Self-
Discovery*

119 Journal Prompts
for Your Journal Jar
Sunday Scribblings.
Sunday Scribblings is
a site that posts a
writing prompt every

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Saturday. The idea is that on Sunday...

Create Lists. Places you've enjoyed visiting. Things you've done that you previously thought you could never do. Confessions. Do you ...

*119 Journal Prompts
for Your Journal Jar*
If you had a magic

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Prompts
wand, and could wave away your problems, what would your life look like? What's stopping you from... What are you best at, and what do you love doing most, and how could you spend more time doing both? If you were unapologetically and truly yourself, day in and day out, and if ...

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*Here Are The 50 Best
Journaling Prompts
You Will Ever Read ...*

Try these gratitude journal prompts to get you started! Taking the extra time to relax is also a great way to boost your immune system and help you stay mentally and physically healthy.

Writing in a journal for

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Prompts
Only 15 to 20 minutes
a day a few times a
week is an effective
way to relax and
unwind from the
stress of each day.

*200 Journaling
Prompts For Mental
Health - StephSocial*

The journal prompts
for teens can help you
make the most of the
practice. The journal

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Prompts offer you a flexible way to choose how you want to examine your opinions and explore your imagination and feelings, which fosters better self-management of your personal happiness. Using journaling prompts is easy.

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Prompts and Topics for Teens

30 Journal Prompts to
Start Your Day

Feeling Inspired. Get
the creative juices

flowin'. By Michelle
Nash. I have a

love/hate relationship
with my journal. And

I'm sure I'm not the
only one. I've been

keeping up with a
diary intermittently

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Prompts
since I was a tween
as a way to unleash
the clutter from my
brain and better
understand myself
and ...

*30 Journal Prompts to
Start Your Day
Feeling Inspired ...*

And in thinking about
why they were, I
realized that for a
prompt to be useful

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Prompts and worthwhile, it has to have a few fundamental characteristics: It has to help you reach one of the goals above. Any prompt you choose should help you meet your journaling goal. If... It shouldn't be too specific. The ...

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Prompts (+ How to Choose the Right One)

When journaling about your progress this month, you can use our Personal Goal Progress Review. In this task, you will be given prompts about your goals and your daily activities. The prompts serve as

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Beneficial reflection exercises. Along with the tools listed above, you could use our 'Three Good Things' exercises as a way to end your day or week. These exercises will help you reflect on positive events you experienced over the last week or month.

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Mindfulness: 44 Prompts, Examples and Exercises

Whether you write short stories, poems, or like to keep a journal – these will stretch your imagination and give you some ideas for topics to write about! New for 2019! We are super excited to announce due to

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popular demand we now have an ad-free printable version of this list of writing prompts available for just \$5.

*365 Creative Writing
Prompts -
ThinkWritten*

Journal prompts are a great way to exercise your writing skills, but if you want to utilize

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the full potential of journaling to unlock your creativity, the journaling ideas and exercises below will take you one level deeper.

34 Journal Prompts & Ideas to Unlock Your Writing Creativity

Here are Tiny Buddha's 5 journal prompts for letting go

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of anxiety: Today, I choose to let go of the things I can't control, including... I recognize that I don't need to have all the answers right now. Today, I give myself permission not to know... Dear inner critic: You always focus on everything I'm ...

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*Keeping a Journal in
2020: Journaling
Prompts —
GIRLCRUSH ...*

30 journaling prompts
for self discovery 1.

What 3 things do you
love most about
yourself, and why? 2.

Write a letter to your
teenage self telling
her all the things you
wish she knew. 3.

Make a list of things

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Prompts
that are holding you back from your wants, needs, goals, and desires. Be brutally honest ...

Journal Prompts for Women: 90

Journaling Prompts for Self ...

The following prompts (61-80) are included in Journal Jumpstarts, Volume 4. Just like all

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Prompts
of the volumes in the Journal Jumpstarts series, Volume 4 features 21 high-quality animations that add “punch” to the prompts. Use these animations in your own Powerpoints wherever you choose to do so. 61.

*180 Journal Writing
Prompts: Enough for
Page 27/33*

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Every Day of the ...

Introspective journal prompts 1. Describe your current mood without using any adjectives. 2.

*27 Inspiring Journal
Prompts for Stumped
Writers | Best Life*

The benefits of journaling have long been determined to be helpful for one's

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Whether writing using fun, creative prompts or therapeutic prompts, writing can help integrate both sides of your brain, thus creating a more balanced version of you. Here are 50 prompts I use with my teen and young adult clients.

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50 Therapeutic Journal Prompts for Teens and Adults ...

A journal prompt is a simple statement designed to inspire you or offer you an idea of what to write about. It doesn't matter how much you love to write, or how often you write, there will be times when you just don't know

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Prompts
where to start.

Prompts are also great for helping beginner writers get into journal writing.

*Great Journal
Prompts | Penzu*

We have a huge collection of prompts for journaling and making all sorts of fun creative pages in your journals! With

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thousands of different journal prompts and theme ideas, you are sure to find some inspiration to get you started in creating new pages here! Browse all of our art journaling prompts below! 365 Drawing Ideas for Your Sketchbook

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