



Journal Prompts For Creativity

- WHAT COLORS MAKE YOU HAPPY AND WHY?
- DESCRIBE YOUR IDEAL MEDITATION SPOT.
- WHEN WAS THE LAST TIME YOU FELT CREATIVE? HOW DID YOU USE THAT ENERGY?
- WHAT WERE YOUR FAVORITE ACTIVITIES AS A CHILD? DO YOU STILL DO ANY OF THEM NOW?
- HOW MANY TIMES A WEEK DO YOU TAKE TIME FOR SELF CARE? HOW CAN YOU MAKE MORE TIME TO CHECK IN WITH YOURSELF?
- CLOSE YOUR EYES, WHAT EMOTIONS BECOME PRESENT? WHAT DO THEY FEEL LIKE?