

Goodbye Anxious

GET TO KNOW YOURSELF

Journal Prompts

1

WHAT'S YOUR IDEAL DAY?

2

WHAT BRINGS A SMILE TO YOUR FACE?

3

ALL THE FREE TIME YOU WANT. WHAT WOULD YOU DO?

4

IDEA OF A PERFECT VACATION?

5

WHO MAKES YOU HAPPIEST TO BE AROUND?

6

WHAT MOMENTS WARM YOUR HEART MOST?

7

WHAT IS YOUR IDEA OF A BAD DAY?

8

WHAT ITEM CAN YOU NOT LIVE WITHOUT?

9

WHO IS THE HARDEST TO BE AROUND AND WHY?

10

WHAT FOODS MAKE YOU FEEL "BLAH?"

11

WHAT'S SOMETHING YOU LOVE?

12

WHAT DO YOU DO THAT ALWAYS MAKES YOU FEEL GUILT?

13

WHO DO YOU LOVE MOST AND ENJOY SPENDING TIME WITH?

14

FAVORITE THING TO DO WITH YOUR KIDS?

15

WHAT DO YOU NEED MOST FROM THOSE YOU LOVE?