

# *Daily Journal*

This PDF packet includes 10 journal prompts as well as 3 different styles of journal pages.

Journaling helps you connect with your inner strength and can help you change your story.

The story of the new you.

Also, it helps you process your feelings and thoughts in a transformative way.

Try it as often as it's possible for you to do. Don't judge yourself if you skip a day (or several). Just pick it back up when you can.

Journaling is a process of discovery and creation. And with that let's get to it.

Enjoy!

~ Michele O'Donnell

## 10 WRITING PROMPTS

1. Describe a serene sunrise or sunset you have witnessed and how it made you feel.
2. Imagine yourself exploring a lush, untouched forest. Describe the sights, sounds, and scents you encounter.
3. Write about your favorite natural landscape, such as a beach, mountain range, or meadow, and why it holds a special place in your heart.
4. Reflect on a memorable encounter with wildlife, whether it was observing a majestic eagle soar through the sky or encountering a playful pod of dolphins in the ocean.
5. Imagine yourself as a tiny creature, like a butterfly or ladybug, exploring a garden. Describe your journey through the flowers, plants, and buzzing insects.
6. Write a letter to a specific element of nature, such as a tree, river, or starry sky, expressing your gratitude and admiration for its beauty and significance in your life.
7. Recall a powerful storm or natural phenomenon you have experienced, such as a thunderstorm or a dazzling meteor shower. Describe the sensory impact it had on you and how it evoked certain emotions.
8. Reflect on the changing seasons and how they transform the world around you. Describe the unique characteristics and beauty of each season.
9. Write a sensory description of your favorite sounds in nature, whether it's the chirping of birds, the rustling of leaves, or the crashing of waves.
10. Imagine yourself in a tranquil garden, filled with blooming flowers and aromatic herbs. Describe the sensations of peace and serenity that surround you as you wander through the garden.

# Gratitude Journal

Date: ../../....

Today I'm grateful for

- .....
- .....
- .....

Something that inspires me

.....

.....

.....

Today's affirmations

- .....
- .....
- .....
- .....

Notes & Reminders





