

Alone Time Journaling

How are you feeling in this moment?

What are 5 words that describe your day so far?

What are 5 things that you feel grateful for in this moment? Why?

Write freely about something that's on your mind that would be helpful to explore.

What did it feel like to write in response to the previous prompt?

Write about (or draw) your current surroundings.

Describe something you can hear right now.

Take 5 slow deep breaths. What do you notice in your body after doing that?