

September Journal prompts

1. What one thing would you do if fear wasn't an issue?
2. If you didn't need to earn money what would you do with your life?
3. What was something you used to do as a child but no longer do, that brought you joy?
4. If you could have 1 hour with someone no longer in your life who would it be and what would you talk about?

Making your self enough of a priority to give yourself just 15 minutes a day for self-care will set the foundations for ultimate change.



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