July Tournal Prompts

## 1. What advice would you give to yourself 5 years ago

2. What advice might your future self give to you today

## 3. Is there something you are avoiding becuase of fear

## 4. What can you do to make tomorrow better than

today

## "Tomorrows sunrise is not determined by todays sunset"



Aberystwyth



coastalcounsellingwales@gmail.com

www.coastalcounsellingwales.co.uk

Codstal Counselling & Therapeutic Services