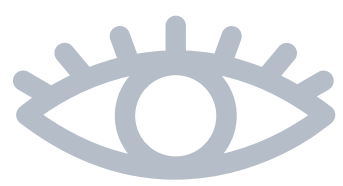


# welcome to: your daily journal prompt



## ENVIRONMENTAL AWARENESS

List five things you can SEE:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List four things you can HEAR:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

List three things you can FEEL:



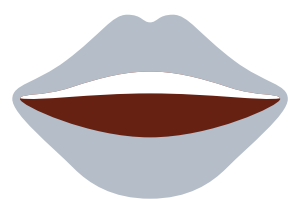
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List two things you can SMELL:



1. \_\_\_\_\_
2. \_\_\_\_\_

List one thing you can TASTE:



1. \_\_\_\_\_

get ready to gain self-confidence & center yourself. let's start by:

- putting away phone / laptop
- finding a comfortable, safe space
- getting your favorite snack / beverage (hot tea, a cookie)

what is the weather like right now?

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what's one thing (can be "small" or "big") that you're grateful for today?

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name one person you will reach out to today....what compliment will you give them?

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