

LIVING WITH INTENTION JOURNAL PROMPTS

"Start where you are and move at your own pace."



I LIFE ENTERPRISES

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What is one kind thing you've done for someone else in the past 24				
hours? How did that make you feel?				
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What are your top 3 core values and why?			



Sit quietly with your emotions; What are your current feelings? Why do you feel that way?				



Describe something about yourself that pushes people away? Describe			
something about yourself that attracts people to you.			



List 3 positive traits you would like others to see in you.			



What thoughts keep you up at night?			



What motivates you to get out of the bed in the morning?			



the rut?



What are some positive affirmations you can recite every night before				
bed?				



What are your top 2 love languages?			