

# 8 Habits 8 Weeks

## Part 4: Journal Prompts

**Self Reflection:** Take a few minutes for self reflection when you wake up or right before bedtime to journal about how you feel. Maybe you would feel like you have nothing much to say. But you'll be surprised by how magical this process is... ✨

### Prompts to start your self reflection journey

- Write about your likes and dislikes?
- Talk about a moment that never fails to make you smile!
- Write a love letter to yourself from the future.
- What's the best piece of advice that you've ever received that changed your life?
- Write about a time when you blamed God thinking he did wrong to you but end up realizing it was for the best!
- Write about your passion and why you chose to pursue it?
- Write about that one person from your past you wish to reconnect? What happened that you lost touch?

*"Remember, some days are just better than the others. As long as you're healthy and your family's happy—everything else can be fixed. It's going to be alright!"*

