

JOURNAL PROMPTS (FOR VENTING!)

- So here's what went down today...
- I can't believe this happened...
- Something happened today that made me feel...
- I'm thriving right now because...
- Everything sucks right now because...
- I shouldn't have...
- The one thing I can't stop thinking about is...
- Things might suck right now, but here are a few things I am grateful for...