

Living Life With Lauren Journal Prompts

What is one or two things from the past 24 hours you are proud of? Find a win.

Is there something you feel conflicted about? Why are you conflicted?

Can it be resolved by taking immediate action today?

Is there a part of your day that trips you up? How can you make it better?

What is one action you can take today that will move you toward a long term goal?

What are 3 things that must be done today you will be able to count as a win?

When will you get these things done?