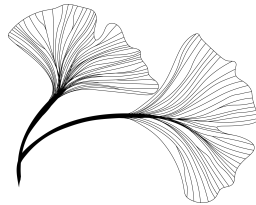


JOURNAL PROMPTS FOR FINDING YOURSELF AGAIN



What do I want my life to look like this time next year?
When was the last time I felt most like myself?
What helped me feel that way?
What are my biggest dreams and goals?
What kind of person do I want to be?
What kind of life do I want to live?
What takes me away from feeling like myself?
When was the last time I compromised myself to fulfil
someone else?
What are my love languages?
What is currently draining my energy?