



Pick whatever fits today — a new prompt each time, or the same one revisited. There's no wrong way to use this page.

Set a timer for 5–10 minutes. Write whatever comes, without editing. If stuck, write "I don't know what to say" until something surfaces.

Notice a part of you that's loud today. What is it afraid would happen if it stayed quiet? What does it need to hear from you?

Scan your body head to toe. Where is there tension, ease, or numbness? Write what that area might be holding onto.

What did you need to hear as a child that you didn't? Write it now, as if speaking to that younger version of you.

Name the strongest emotion you feel right now. Where do you feel it in your body? If it could speak, what would it say?

List 3 things that went right today, however small.
Name one strength you used to make one of them happen.

Write a letter to a past self, a future self, or someone you have unspoken feelings toward. You never have to send it.

Where did you say yes today when part of you wanted to say no? What boundary would you like to practice this week?

Situation: ___. Automatic thought: ___. Evidence for/against it. A more balanced thought: _____.

Did today move you toward or away from the person you want to be? What value would you like tomorrow to reflect more?

Describe a hard moment as a compassionate outside observer would. What would they notice that you're missing?

Write from the perspective of yourself one year from now, looking back with pride. What did present-day you do differently?

Prompt/modality used: _____