

Jessa
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Good Morning Journaling Prompts



Having a regular journaling practice can be one of the absolute best things you can do for your mental health. Each morning, I keep a regular routine that keeps me feeling fit both physically and mentally. It helps me set myself up for success with purposeful intent and a heart beaming with gratitude and joy.

Pair this with my morning yoga routine to get your blood moving and my guided morning meditation to help you feel more positive and ready for what life brings!

Daily Journaling Prompts for a Good Day

- What are my intentions for today?
 - Example: My intention for today is to keep a warm, loving, and positive attitude fueled by gratitude. I will make decisions that love and honor myself. I will be good to my body by taking care of how I move, what I eat, and how I present myself in the world. My intention for today is to accomplish (list out your tasks and goals for that day.) I am love and inspire more love around me.
- What are my biggest fears?
 - Example: I fear that I may not do well and fail at my endeavors. I fear that bad things will happen to the people I love or myself. I fear that I will not be able to financially take care of myself and my children.
- What do I love about myself?
 - Example: I love that I am creative and adaptable. I love that I keep trying over and over again even when things are difficult. I love that I love with passion and my whole heart. I love my strong legs and the color of my eyes.
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 - Extra hint: This can be difficult for some of us. Notice that I put something I love both about my physical body and something I love about my inner strength.

- How Do I want to feel today?
 - Example: I want to feel joyful and alive. I want to feel limitless and brave. I want to feel physically fit and healthy.
- BONUS: What are my affirmations for today?
 - Base these affirmations on what you have written about your fears, your intentions and what you love about yourself.
- - Examples:
 - I am worthy of my dreams
 - I am financially abundant and using my wealth for positive change and growth.
 - I am safe, secure, and stable.
 - I am confident.
 - I radiate with love and light.
 - I grow more abundant everyday and inspire more abundance and joy all around me.
 - I trust that the universe has my back and is guiding me towards what is meant for me.



Remember: I'm here. Reach out.
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