

Journal Prompt Sampler

Two simple prompts to start and end your day with clarity and calm.

This sampler is designed to gently guide you into your day with intention and close your evening with reflection. Each page includes space to write your thoughts, with soft floral accents to inspire calm.

"I honor my thoughts and feelings, and I trust the wisdom that comes through reflection."



■ Morning Prompt

What is one small thing I can do today to nurture my mind, body, or spirit?

“Each small act of care strengthens me.”



■ Evening Prompt

What is one thing I can let go of today that no longer serves me?

"I release with ease, and I welcome peace."

