



Journal Prompts

You don't always need a fresh start. Sometimes you simply need a new alignment.

- ✓ **Where have I been tempted to quit instead of adjust?**
- ✓ **What beliefs are helping me move forward, and which ones are holding me back?**
- ✓ **What does living intentionally look like in this season of my life?**
- ✓ **What small adjustment could create the biggest positive change?**