

# Journal Prompts (A4)

Short prompts to externalise thoughts and plan the next tiny step. Use daily or as needed.

What helped a tiny bit today?
What would future-me thank me for doing next?
What's one thing I can leave for tomorrow?
Who/what made me feel a little steadier?
What small kindness can I offer myself tonight?
If today had a headline, what would it be?

Use the back for notes. Small steps count.