



## Ep. 19 Being In Transition Journal Prompts

1. What are some areas in your life where you could use some help right now? Whom can you ask for help?
2. Find 5 minutes today to do something just for you. How does it feel to spend a moment just for you?
3. Allow yourself to envision what you'd like your life to look like going forward. What step(s) can you take each day to make that vision a reality?
4. In what ways have you been practicing self-care? If you haven't been practicing self-care lately, what is one step you can take to incorporate some in your daily life?
5. What are some of the most important transitions you've been through, and how have they shaped you?