

# Your Morning Journal Prompts

Here are ten prompts you can use to journal with every day, to center yourself and inspire your day to move towards what you want to create in your life.

1. How much energy do I have today?
2. How do I want to feel today?
3. What can I do today to feel how I want to feel?
4. How do I feel about time today?
5. What is here for me today?
6. What could I choose to NOT do today?
7. What am I grateful for today?
8. What are the things on my to do list that are moving my life in the direction I want?
9. Am I open to receiving today?
10. Who will I connect with today?