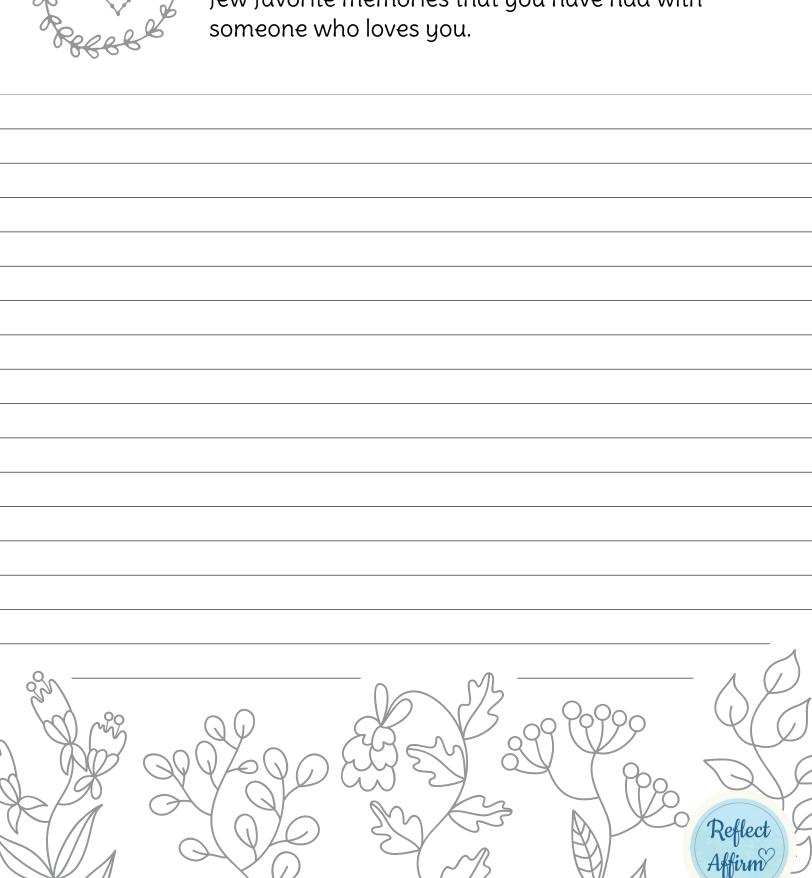


Here are five FREE sample pages from the complete **50 Positive Journal Prompts** digital download. You can get more details here - www.reflectaffirm.com/product/50-positive-thinking-journal-prompts/



You are loved. By someone, somewhere, somehow. Never forget that feeling. Reflect and write about a few favorite memories that you have had with someone who loves you.





Describe the most beautiful thing you have ever seen.



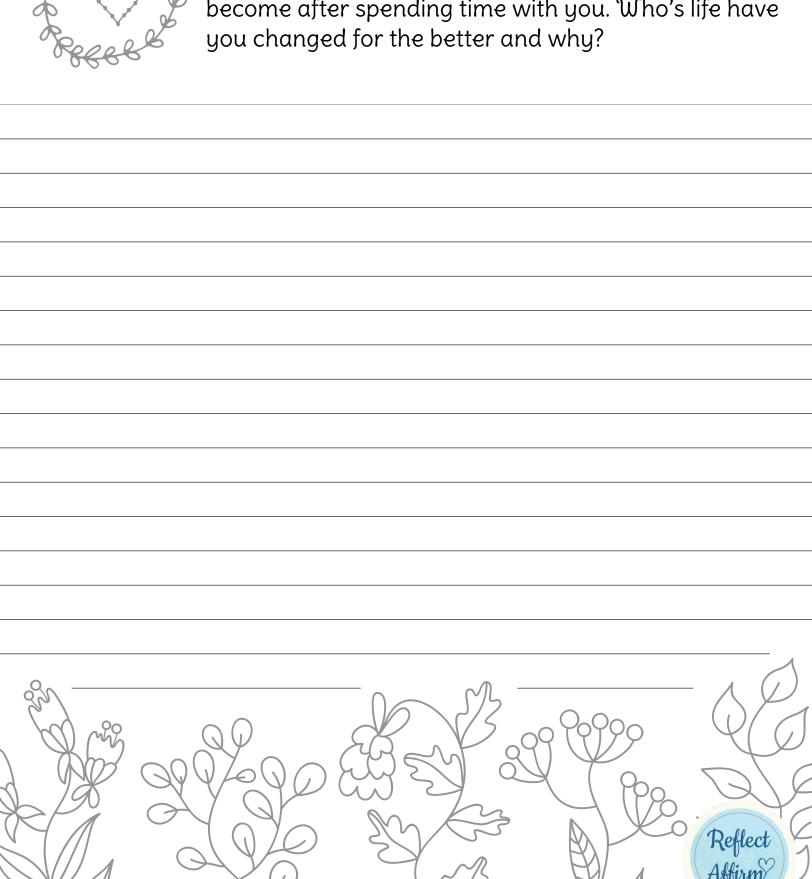


Your life would be boring without the struggles you face right now. Even if it doesn't feel like it at this moment in time, they make you stronger and better equipped for whatever comes next. What experiences have made you stronger in life?





People come into your life not because of who they were when they arrived but because of who they become after spending time with you. Who's life have you changed for the better and why?





Describe your dream day!

Be very specific. What time will you wake up? What will you eat? Where will you go? What will you do?

