

# Journal Prompts:



## WEEK 1: REFLECTION & INQUIRY QUESTIONS:

1. How does it feel to give myself permission to simply arrive? To lay down the compulsion or need to 'do' something more? Does it feel new? Uncomfortable? Do I feel anxious or impatient?
2. What am I noticing as I do my weekly practice of simply noticing all that is running? The beliefs, the busy, the tempo, the expectations or judgments, anxiety...?
3. Why did I sign up for RESTORE? What do I hope to get from participating?
4. What has kept me from resting/thriving/having the life I ache for?
5. What might my main obstacles be during our time together?
6. What choices and actions can I make this week to honor this new beginning?
7. And at the end of this week: revisit the questions. Go deeper...

Be kind to yourself.

