

# Journal Prompts

## #51

- **SOME OF THE THINGS THAT MAKE ME HAPPY ARE . . .**
- **WHAT PAST CHALLENGES HAS SERVED YOU WELL? WHAT WAS THE SILVER LINING? HOW CAN IT SERVE YOU NOW?**
- **LIST SOMETHING(S) THAT YOU USED TO DO WITH YOUR MOM AND/OR DAD WHEN YOU WERE SMALL. LIST WAYS TO BRING THEM BACK INTO YOUR LIFE.**

