



ANXIOUSLY AWESOME

TODAY'S WRITING PROMPTS

TAKE A FEW DEEP BREATHES, GRAB A CUP OF TEA AND SET SOME INTENTIONS FOR YOURSELF, HERE IN THIS MOMENT.

Today, I would like to hold the following word close to my heart and throughout my intentions:

Today, I am most grateful for:

When I am in pain (physical or emotional) the kindest thing I can do for myself is: