


note to self journal prompts

Bingo

SELF-CARE AWARENESS MONTH EDITION

NOTE TO SELF, "IF IT COST ME MY PEACE, IT'S TOO EXPENSIVE FOR ME. I'M NOT BUYING IT"	NOTE TO SELF, "I LEARNED TO BE MORE COMFORTABLE TAKING THE BLAME THAN TAKING THE CREDIT, I'M COMPASSIONATELY UNLEARNING"	NOTE TO SELF, "I'VE WITHHELD REST FROM MYSELF BECAUSE I BELIEVED I HAD TO EARN IT. I'M DIVESTING FROM THIS LIE"	NOTE TO SELF, "FOR TOO LONG I'VE BLAMED + SHAMED MYSELF FOR PROCRASTINATION WHEN I WAS ACTUALLY DEALING WITH GRIEF. I'M NOT LAZY, I'M TRAUMATIZED"	NOTE TO SELF, "I'VE MADE IT A PRACTICE TO SECOND GUESS MYSELF. I'M DARING TO UNPRACTICE THIS PERFECTIONIST COPING MECHANISM"
NOTE TO SELF, "UNCERTAINTY MAKES ME SO UNEASY, BUT I DON'T NEED TO KNOW HOW IT'S GONNA TURN OUT TO STEWARD THIS PRESENT MOMENT"	NOTE TO SELF, "I'M COMING HOME TO PEACE IN THE SMALL, GENTLE OF THINGS, EVEN THOUGH SO MANY THINGS ARE UNRAVELING"	NOTE TO SELF, "TRULY LETTING CHILDLIKE WONDER + PLAY UNLEASH WITHIN ME IS SO IN THE DISTANT PAST. BUT I'M PRESENTLY GETTING CURIOUSLY COURAGEOUS"	NOTE TO SELF, "I FEEL A BIT ALL OVER THE PLACE + SCATTERED. INSTEAD OF GOING HARDER, I'LL GO SOFTER WITH DIVINE GRACE"	NOTE TO SELF, "WHEN I SEE MY FLAWS, I TEND TO PENALIZE MYSELF BY SEEING THE WORST IN ME. BUT I'M COMING HOME TO THE BEST IN ME IN THOSE MOMENTS"
NOTE TO SELF, "WHEN I AM TEMPTED TO PUSH MY BODY LIKE A MACHINE, I WILL PAY CLOSE ATTENTION TO THE VIOLENT NARRATIVE UNDERNEATH"	NOTE TO SELF, "I KNOW I'VE MADE A HABIT OF HIDING MYSELF IN ORDER TO SURVIVE, SO I WON'T PENALIZE MYSELF, INSTEAD, I'LL SHARE GLIMMERS OF MYSELF AS GOD GUIDES"		NOTE TO SELF, "I'M RELEASING MYSELF FROM THE GUILT OF HAVING OVERCOMMITTED OR OVERESTIMATED MY ENERGY. I WILL CREATE REGENERATIVE SPACE FOR SABBATH"	NOTE TO SELF, "YOU'RE NOT TOO MUCH, YOU'RE JUST TOO YOU FOR SOME FOLKS. EVERYBODY'S CAPACITY IS DIFFERENT. I WILL NOT LET CAPACITY STOP ME FROM CONNECTING"
NOTE TO SELF, "I FORGIVE YOU FOR HAVING UNSUSTAINABLE INTENTIONS + GOALS SOMETIMES, BUT I'M THANKFUL YOU HAVE A ZEST FOR LIFE"	NOTE TO SELF, "YOUR WORTH IS NOT A NEGOTIABLE (PERIODT!)"	NOTE TO SELF, "I'M SO GLAD THAT YOU AREN'T LIKE ANYONE ELSE. I'M A MASTER(PEACE)"	NOTE TO SELF, "THE RED SEA WAS A PATHWAY BEING MADE, NOT AN OBSTRUCTING ROADBLOCK"	NOTE TO SELF, "I'M LEARNING TO LIKE MYSELF AGAIN"
NOTE TO SELF, "RESILIENCE DOESN'T LOOK LIKE ONE THING. IT CAN LOOK SLOW + SOFT"	NOTE TO SELF, "AS I AGE, I FEEL THE PRESSURE TO BECOME WISER, BUT I'M UNLEARNING SO MUCH + BECOMING LIKE A BABE AS I REIMAGINE + RELEARN WHAT IT MEANS TO COME HOME TO BEING ME"	NOTE TO SELF, "ALL THIS TIME I THOUGHT I WAS BROKEN, I'M JUST WIRED DIFFERENTLY. HELP ME ACCEPT MY WIRING WITH ALL OF ITS TWISTS + TURNS OF AN ADVENTURE"	NOTE TO SELF, "I DON'T HAVE TO ASCRIBE TO TRYING HARDER WHEN SOMETHING OR SOMEONE IS HARMING MY SENSE OF SAFETY + SHALOM"	NOTE TO SELF, "REPETITION DOESN'T MAKE HABITS EMOTIONS CREATE HABITS CELEBRATION TIED TO HABITS HELPS TO ENHANCE THE EXPERIENCE"



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COLOR THE FLOWERS + LEAVES

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