

A large orange circular graphic in the top-left corner of the page.

Journal Prompts

Journal prompts for cultivating hope.

What is one thing you can do today that may positively impact your present and future?

Can you get more specific about that action? and the future goal that it will impact?

Can you foresee a time you may need to be flexible with these actions and/or goals? What resources (internal or external) can you apply to adjust the path and keep moving forward?

What strengths do you possess that may offer resources you hadn't thought of before?

How can you see the attitudes of self-compassion, non-judgment, and patience as critical to applying the shift in perspective?

These prompts were created by Melanie Lown alongside her blog, 'Cultivating Hope in Challenging Circumstances' (overcomingms.org/latest/cultivating-hope-challenging-circumstances).