

October 2022

HOPE
Journal Prompt on Hope:
This month's journal prompt will be your assistant in exploring hopeful possibilities!
1. Describe the situation you're feeling the most stressed about.
2. Write out a hopeful list of possibilities that can come of the terrible situation. Know that anywher there is darkness, light is on the other side. In every storm there is a rainbow. Can you create a rainbow through this situation? Write out what this might look like to you.
Ask of your higher power:
3. How are you using this situation to evolve me or the world?