



Prom[p]t

# Establishing a Foundation

A list to help you create groundwork for a committed journaling practice

## Reflections Before You Start

Learn more about integrating self-care benefits into everyday life at [www.prompt.love](http://www.prompt.love).

Write.  
Discover.  
Grow.

- Consider who you have supporting your commitment to journaling for self-discovery.
- Reflect on the growth you are desiring to make.
- Identify challenges that may influence your commitment.
- Identify ways to move forward with commitment when challenges arise.
- Discuss with those in your household the importance of your commitment to a journaling practice.