



Prom[p]t

Write.
Discover.
Grow.

Time-Saving Checklist

A list to help you create time when life is busy

Simple Time-Saving Tips

Learn more about integrating self-care benefits into everyday life at www.prompt.love.

- Consider writing at the same time every day to help make journaling a habit.
- Have your journal and writing utensil ready. If possible, create a designated spot to store them.
- Make journaling your only focus for that time slot.
- If your phone is near, place it on Airplane Mode or Do Not Disturb for the journaling duration.
- Exchange time spent on social media for time spent journaling.