



# 12 JOURNALING PROMPTS

to help cope during the 2020 pandemic

01

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*One thing I've realized that I've taken for granted*

02

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*I couldn't survive without \_\_\_\_\_ during this pandemic*

03

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*My "person" this week is \_\_\_\_\_*

04

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*I wish others knew this about me \_\_\_\_\_*

05

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*I am looking forward to \_\_\_\_\_ when this is over*

06

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*One thing I did for me today*

07

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*3 things I like about myself*

08

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*My biggest pet peeve right now*

09

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*One thing that made me laugh this week*

10

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*I wish I could tell my 15 year old self \_\_\_\_\_*

11

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*I feel safe when \_\_\_\_\_*

12

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*5 things that made me smile today*

