

prompt two...

taking notes

Ready for the easiest written worksheet you've ever completed? This is the first step toward making this project your own. Fill in some or all of the topics below and you'll find the project easy to customise when it comes time to put everything together. We'll even use some of your answers here to make design choices as well as the final journaling. For now, it's easy as can be -- just print this out and jot down your answers!

Right now I love....

these colours:

these foods:

these places:

these people:

these activities:

these shoes:

these songs:

these films:

these books:

these types of clothes:

these spots in my home:

these shops:

these textures or materials:

these restaurants:

these days of the week:

these parts of my routine:

these experiences:

Right now I feel...(circle all that apply)

happy sad busy tired excited nervous energetic competitive aggressive talkative calm peaceful quiet intelligent
proud relieved positive worried confused stressed hopeful committed organised collected in charge blessed joyful
grateful playful upbeat content dissatisfied disappointed noisy still passionate apathetic laid-back serene curious
interested analytical questioning wordy comfortable supported opinionated improved aware light-hearted cheerful

And now... add any other feelings that come to mind that didn't appear on the list.

And that's it for now! Super easy. More to do in prompt three, so I'll see you soon!

