

Whitney Caves

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Communication Journal Prompts:

- *What was the best part of today/this week?*
- *What was the hardest part of today/this week?*
- *What are some things you're looking forward to?*
- *What is worrying you right now?*
- *What is something that makes you feel proud?*
- *If you could change something about your life, what would it be?*
- *What are some things that make you nervous?*
- *What is good in your life right now?*
- *What are three things you're thankful for?*