

Navigate Change with Gratitude: Journaling Prompts to Set Intentions for Change

The *Prepare Your Heart* section of the *Gratitude in Focus* journals begins with three guiding prompts. Reflecting on these prompts can help you expand your own insights and explore how gratitude can support you in navigating change with clarity, courage, and mindfulness.

1. Why do you want to focus on gratitude during the 21 days?

💡 Additional prompts for navigating change:

- What changes are you currently navigating that make this a meaningful time to write?
- How can journaling support you in noticing the shifts in your body, emotions, or surroundings?
- Why is it important for you to reflect on change instead of just moving through it quickly?

2. What is the deeper purpose behind your desire to cultivate this practice?

💡 Additional prompts for navigating change:

- How do you hope journaling will change the way you move through life transitions?
- In what ways could journaling help you face uncertainty with more clarity and confidence?
- How might writing about change give you perspective and help you see opportunities instead of obstacles?

3. My focus and intentions for this journal: What do I hope to gain through this practice?

💡 Additional prompts for navigating change:

- What specific change or transition do you want to navigate more intentionally during these 21 days?
- How do you want journaling to help you move through this change—with steadiness, courage, or acceptance?
- What outcome would make you feel that journaling truly supported you in navigating change?

“Set your intentions with awareness and let gratitude guide your growth as you navigate change.”

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