

Mindset Makeover Mini Course

4 JOURNAL PROMPTS TO KEEP YOU IN A HIGH VIBE



Liz Denny Wellness Coaching

4 Daily Journal Prompts to keep your vibe high & your mindset positive

#1 What was the highlight of your day?

#2 What did you make a priority today? And what is a priority tomorrow?

#3 How did you nourish your mind & body today? What did you eat & how did you move your body?

#4 What are you excited about?

