

**JOURNAL PROMPTS TO BRING AWARENESS AND GRATITUDE
TO THE LIGHTS SHINING DESPITE THE DARK**

Written by Contributing Writer: Alana Eastling

Gardened by

MY SURROUNDINGS

I am humbled by the quiet yet powerful impact physical spaces have
in shifting my energy, mindset and attention outwards.

What do I love most about my city or neighborhood?

What spaces energize me?

What places bring me peace?

Do those spaces have any commonalities?

What about my home gives me a sense of belonging?

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MY COMMUNITY

Thank you to my family, chosen and/or related, for brightening my life with your love,
making the lows livable and the highs extraordinary.

Whose portraits adorn the walls of my heart?

Who in my circle sees and celebrates me for who I am?

What characteristics do I love or admire most about each of my loved ones?

What shared values bond me with my communities?

In what ways can I vocalize my appreciation for others more openly?

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Grace for
MYSELF

I am a magical combination of excellence and imperfections, grateful in my journey of embracing each piece of my being with love.

What do I love most about myself?

How have I made progress in growing towards my highest self?

What characteristics do I hold that deserve patience and love to grow?

What is something I've recently learned about myself?

In what ways do I fill my own cup that I am most proud of?