

Guided Journaling Exercise



Pave the Way Every Day

What are you going to do to pave the way every day?

What are some things that you can do differently in your daily routine to help nourish your soul? Write them down and reflect on how you can incorporate them into your every day routine.

Practice mindfulness. Pay attention to how you are feeling throughout the day. Reflect on how you are feeling when you are doing something different and write it down.