

# Three Simple Prompts to Reflect, Reset and Reconnect

Hello and welcome — I'm so glad you're here!

This simple guide is for anyone who's tired of over-  
complicated journals,  
perfect spreads, and pressure to “do it right.”

These three journaling prompts are designed for real life —  
the kind where you're jotting thoughts on the train, in a  
café, or just before bed.

They're gentle but powerful, and you don't need a fancy  
notebook to make them work. Just something  
to write in — and a few quiet minutes with yourself.

Ready to reconnect?

Let's begin.

— *Dream Publishing*



## Mini Prompt 1: Morning Pages

*Let your mind empty before the day  
begins.*

### Steps:

1. What's on my mind right now — even if it's messy or small?
2. What am I feeling (physically or emotionally) as I wake up?
3. Is there anything I'm avoiding today?
4. What would make this day feel calm and steady?
5. One small thing I can let go of this morning is...

✧ **Tip:** Just write. Don't judge. Don't edit. Even one page can shift your headspace.

## Mini Prompt 2: Reverse Negative Thoughts

*Catch the critic. Reframe the story.*

### Steps:

1. What's a negative thought I've had recently?
  2. Is this 100% true — or just a story I'm telling myself?
  3. What evidence do I have against this thought?
  4. What would I say to a friend in this situation?
  5. What's a gentler or more helpful version of this thought?
- ✧ **Tip:** Write the new thought and sit with how it feels in your body.

## Mini Prompt 3: Find Inner Peace

*Reconnect when the world  
feels too loud.*

### Steps:

1. How am I really doing today?
2. What parts of me are asking for attention?
3. Where in my life do I feel most out of alignment?
4. What have I been craving — emotionally, mentally, or spiritually?
5. What would it look like to honour myself today?

✧ **Tip:** You don't need to fix everything. Awareness is the first step.

# Print and keep in your Mini Journal:

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# Thank you for making space for yourself today.

These prompts are just a starting point —  
the real magic comes from how you show up for  
yourself, consistently and honestly.

If you'd like more journaling tips tools, videos, or thoughts  
on creative simplicity, come find me:

Website: [dreampublishing.net](https://dreampublishing.net)  
YouTube: @Dream\_Publishing

Newsletter: Sign up at [dreampublishing.net](https://dreampublishing.net)

Let's keep journaling simple, grounded, and true.

— *Dream Publishing*

