



# Looking at Life

Want to get a grip on your life through your journal pages? Flip through these prompts and choose a few. Then follow the writing where it leads you.

So many of us start journaling to simply get a handle on things. This is a great reason and the page is a safe place to work it all out. Stick with it; it's worth it!

And if you need any specific help (supplies, pens, journal brands, etc) shoot me a question. Let's talk about it.

*Mandy*



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## Try these prompts!

- Mentally scan your morning routine. What elements work for you? What could you add to start your day strong?
- Write out the top accomplishments and setbacks in your week. What did you learn from these?
- Which habits do you practice that align with your core values? Do any of these habits need tweaking or changing?
- How does your daily routine serve you? What small accomplishments come from the overall effort?
- Life happens. Brainstorm ways you can add flexibility to your daily routine, to work with surprises or changes along the way.
- Have you felt any sparks of joy lately? If so, how can you experience more of this in your daily life?
- Our setbacks can teach us more than our successes. Write a bit about what you learned—what growth or insights came from the process.
- Write about those in your community who are having the most positive impact on your life right now. How are they supporting your journey? What do you need from them?
- List your top core values. How do you prioritize these values in your current choices or use of time? What do you need to tweak?
- How is your life lining up with your personal aspirations? What tiny changes can you make to get closer to your goals?

For more Inspiration!

### **Analogue: A Field Guide for the Soul**

Analogue is Mandy's bi-monthly publication that brings together self-care and soul-care through journaling. If you are:

- looking for ways to live both plugged in and pulled back from the digital age
  - craving moments that connect with your soul, while staying engaged in the practical
- ...then Analogue is for you!

Learn more: [mandythompson.com/analogue](http://mandythompson.com/analogue)

### **SoulSpace Newsletter**

For those who:

- want to find a soul-care routine that works with your personality
- need a way to process (and capture) your own spiritual journey

Get into: [mandythompson.com/soulspace](http://mandythompson.com/soulspace)

**Stay in touch with Mandy here!**

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Let's stay  
in touch!

~Mandy