



Short & Sweet mini-Prompts

We don't have to spend hours in our journals. A little bit really can go a long way! So, flip through these prompts and choose a few for the week. Then get on with life.

Keep it simple. Little actions, taken every day, lead to full blown habits. Stick with journaling and remember: We do this to get a good view of our life, see what's working and what's not, and process our feelings. And if we're people of faith, we just might catch a glimpse of the Divine along the way.

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

Mandy



mandythompson.com

Try these prompts!

- Our happiness is often built on the small things. What are three habits or routines that help you feel good about it all?
- What's your go-to creative hobby or restful activity? What is it about these things that bring you joy?
- Write about a recent conversation or interaction that brightened your day.
- List three things that are going well in your life right now.
- Fill in the blanks: I think ____, I feel ____, I want ____, I need ____. (Bonus: use a different pen color for each line.)
- Look up a quote by your favorite author and write it out in block lettering or cursive.
- Make a continuous line drawing of something you can see right now. (Hint: focus on the outlines and don't pick up your pen.)
- Describe today's weather and list three ways it affects you. (Bonus: include a doodle of the weather—sun, clouds, rain, etc.)
- Write one sentence about something that's been on your mind lately.
- Write three things you're grateful for this week.

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

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

Stay in touch with Mandy here!

IG: [@mandythompson](https://www.instagram.com/mandythompson)

FB: [mandythompsonart](https://www.facebook.com/mandythompsonart)

Email: mandy@mandythompson.com



mandythompson.com

Let's stay
in touch!

~Mandy