



10 Journal Prompts for the Caregiver

1 habit I think will help with my personal time management

6 things that make me smile

2 books I am excited to read. Reserve 1 at the library today!

7 small things I can do for myself this week

3 movies I can't wait to see. Schedule a date today for one.

8 reasons I am grateful

4 of my favorite quotes.

9 of my favorite songs- have I downloaded all of them?

5 things I want to do this week

10 of my favorite people