


October Journal prompts



1. If you had to spend one week alone on an island what would be your biggest fear?
 2. What life lesson would you tell your 11 year old self?
 3. What 3 healthy habits would you like to bring into your life?
Whats stopping you for making the commitment?
 4. Where would you like to be in 10 years time?
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Ego says, "once everything falls into place, I'll feel peace."
Spirit says, "find your peace, and then everything will fall into place."

Marianne Williamson



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