## **JOURNAL PROMPTS #29**

- LIST 3 OBSTACLES LYING IN THE WAY OF YOUR CONTENTMENT OR HAPPINESS. THEN LIST 2 POTENTIAL SOLUTIONS TO BEGIN OVERCOMING EACH OBSTACLE.
- WHAT HELPS YOU STAY FOCUSED

  & MOTIVATED WHEN YOU FEEL

  DISCOURAGED?
- LIST 10 THINGS THAT INSPIRE OR MOTIVATE YOU.

