Mindfulness Journal

Setting aside time to be present in the moment through journaling can reduce stress, increase happiness, and improve self-esteem. Use these journaling prompts to reflect upon your thoughts and feelings.

What are three qualities that you love most about yourself...

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One of your most important morals or values is.....

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The Brigance Brigade Foundation (BBF) is a 501(c)(3) nonprofit with the mission to equip, encourage and empower people living with ALS (PALS). At the BBF, we understand that PALS are best served when caregivers have the opportunity and tools to take care of themselves. 95% of the primary caregivers in our network are the spouse or child of the PALS. Programs under the umbrella of Chanda’s Caregiver Corner, recognize and celebrate these special relationships of PALS and CALS. BBF is proud to be a resource for caregivers and families by providing resources and community to those fighting alongside their loved ones.
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In what ways do you impact others around you each day?

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What are your biggest fears and how do they hold you back?

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Some of your biggest victories and successes have been......

How can you take better care of yourself?

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What’s one thing you look forward to each day?..

Make a list of things that make you smile

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What are the words you’d like to live by?

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Describe a moment that you’ll never forget

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A list of things you’d like to say no to:

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A list of things you’d like to say yes to:

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