

Writing Prompts During Times of Uncertainty

How do I feel right now?

What are three things that I can control today?

- 1.
- 2.
- 3.

What are three things that I can let go of today?

- 1.
- 2.
- 3.

How would I like to be active or get movement today?

What would make me feel accomplished today?

Who can I connect with today to make me feel better?

What are three things that I need to get done today?

- 1.
- 2.
- 3.

What are three things that I want to get done today?

- 1.
- 2.
- 3.

What are five things that I have always want to do, but never have the time for?

- 1.
- 2.
- 3.
- 4.
- 5.

Which of these five things could I do today?

How do I feel right now – after completing this exercise?