


JOURNAL



Unlimited Recovery

10 DAY JOURNAL PROMPTS



*"Sometimes the
smallest step in the
right direction ends
up being the biggest
step of your life."*

MARY ANN RADMACHER

DAY 1

Write down 5 things that make you happy in your life. Then think about why they make you feel this way?

MY BIGGEST DREAMS

DAY 2

Write down what brings you peace in you life or what makes you feel relaxed and calm?

MY BIGGEST DREAMS

DAY 3

Write down what 20 things in your life you are grateful for and look back at these when you are feeling down.

MY BIGGEST DREAMS

DAY 4

Write down 5 things you are proud of accomplishing in the past week.

MY BIGGEST DREAMS

DAY 5

Name a challenge you have overcome and how it made you grow.

MY BIGGEST DREAMS

DAY 6

Write down a goal you would like to start working toward.

MY BIGGEST DREAMS

DAY 7

What are 5 things that have happened to you in your life that were difficult but that you are grateful for now.

MY BIGGEST DREAMS

DAY 8

Write about 4 childhood memories that have stayed with you throughout your life.

MY BIGGEST DREAMS

DAY 9

Write about what types of thoughts keep you up at night.

MY BIGGEST DREAMS

DAY 10

Write out what healthy habits you can add to your daily routine.

MY BIGGEST DREAMS



Unlimited Recovery

UNLIMITED RECOVERY LLC

**Schedule Your
Appointment Today!**



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Hi, I'm Pamela Francken, M.A., LPC, CAADC. I am a Licensed Clinical Therapist and the owner of Unlimited Recovery. I hold a Master's Degree in Professional Counseling and I have CAADC certification in Substance Use Disorder treatment.

I have been working as a substance abuse counselor for the past 5 years along with clients with mental health issues. I help people find ways to help themselves navigate through issues they are experiencing in life. I help them to discover their own strengths and learn skills that will guide them to healthier decisions.



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