

PROVIDING YOU WITH A LITTLE INSPIRATION

YOUR KATAPULT PROMPTS

● Today I am grateful for...

● What brings you joy / happiness?

● It would be amazing if....

● My current challenges are...

● I feel energised when....

● I am at my best when....

USE THESE PROMPTS AS OFTEN AS YOU NEED, AS IT WILL HELP CREATE
CONSISTENCY IN YOUR JOURNALING

