

# Simply Peg Journal Prompts

weekday guide

# Monday

Breathe in Strength &  
Breathe Out Bullshit

Start with listing 6 things you are super stoked for this week and focus on these things and leave the BS for someone else.



Tuesday

What is keeping you up at  
night?

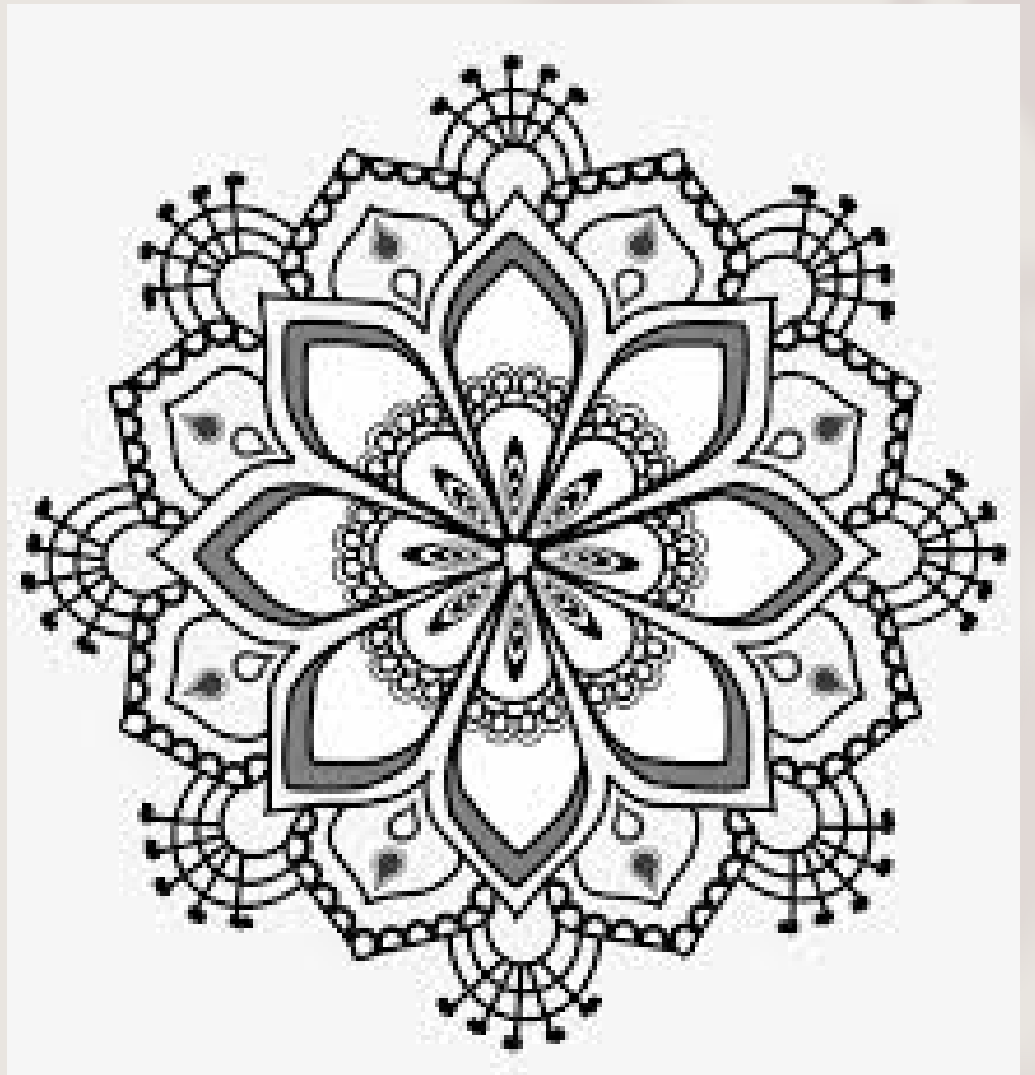
JOB LOVE FAMILY MONEY

For each one of these note one action, big  
or small that can ease your mind today and  
help you sleep tonight.

Wednesday

“beauty is in the eye of the  
beholder” – Margaret Wolfe  
Hungerford

Take a break, and color yourself calm.  
Have fun!



# Thursday

In order for your “yes” to matter, your “no” has to matter too. – Maria Shriver

What can you say NO to more to free up time to say yes?



# Friday

## Bury and Bring

What can you leave behind this week and what lessons can you bring into next week?