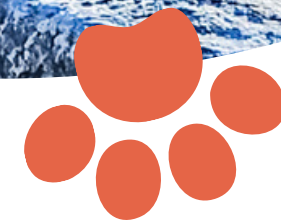
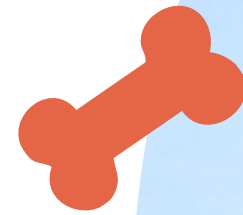


For the Love of Dog Inspirational Journaling Prompts



LET'S GET STARTED

I have some simple rules for myself:

This journaling does not have to be geared toward your dog; please apply it to any aspect of your life.

I don't date my journal. I try to do it daily, but I don't feel guilty if I would rather watch a movie with my family.

When do I journal, then? I feel it's like brushing your teeth. You do it in the morning or at night or when you feel a bit icky and need a bit more spiritual work.

I tend to be pulled to my journal in moments of self doubt



FEARS!

What are you afraid of?

Some of my fears are:

Failure

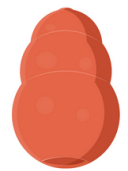
Not being liked

Imposter syndrome

Money



GRATITUDE



What are you grateful for?

It doesn't matter how big or small
Here are some things on my list:

- Community
- Family
- Coffee
- Clean Sheets



AFFIRMATIONS

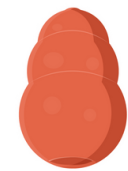
Positive statements help change our perspective

Here are some examples:

- I am creating a life that I deserve
- I see challenges as opportunities
- my needs and wants are important
- I am creating the life I wanted



MANIFEST IT!



Visualize your life if it was perfect! You are operating at your full potential. What does it look like? Here is mine

I am helping dog owners all over the world! My family is healthy, and we are traveling regularly. Both my businesses are thriving. I am utterly unbothered by negative people.



THANK YOU

You can easily use these prompts in your daily life or about your relationship with your dog.

