

A To Be Loved Moment

JOURNAL PROMPTS

- ♡ Think about significant moment during your week.
Write about it. _____

- ♡ Is there a song associated with the moment? _____

- ♡ Who inside went through the moment? _____
Which part or parts internally experienced the moment? _____

- ♡ Was the experience with or without love? _____
From you? _____
From the other person/people? _____
- ♡ Was it similar or related to an experience in your past?
If so, write about that. _____

- ♡ What did you learn from the moment? _____

- ♡ What would you do differently next time? _____

- ♡ Write a love letter to the part of you that went through the moment
in the present. _____

- ♡ Write a love letter to the part of you that went through the moment
in the past. _____

