

# **JOURNAL PROMPTS**

## **#27**

- **List three important goals. How do they match up to your goals from 5 years ago?**
- **Do your goals truly reflect your desires? Or do they reflect what someone else (a parent, partner, friend, etc.) wants for you?**
- **Identify one area where you'd like to improve. Then, list three specific actions you can take to create that change.**

