



First Steps - Journal Prompts

Hello lovely

I've put together these Prompt Sheets as a companion to the First Steps To More Smiles video. Use them however works best for you.

You can write out your thoughts on these sheets or use a notebook or journal if you prefer - the act of writing often leads to greater clarity - but the important thing is to spend some time thinking about the prompts.

I wanted to give you the opportunity to try out some of the ideas I talk about in the video and encourage you to start to think a little deeper about the choices you make automatically more often than not.

If you can carve out a bit of me-time for this that would be marvellous but you can always take the prompts with you and consider them during moments in your day as and when you can.

There are no right or wrong answers to this just the answers that are right for you.

Be curious, and see what comes up.

Much love

Mel xo

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Think back over the last week, about all the things you regularly do.

1 Choose three small things that you'd like to change in some way.

a _____

b _____

c _____

2 How do you feel about each one?

a _____

b _____

c _____

3 How would you *like* to feel about each one?

a _____

b _____

c _____



4 What would you need to do in order to feel that way?

a _____

b _____

c _____

5 What could you do differently next time to get closer to this?
What alternative choice could you make?

a _____

b _____

c _____

Now compare your answers to prompts 2 and 3.

Sit with them for a while.

Considering (a), (b) and (c) in turn, which of your answers to prompts 2 and 3 make you feel like you're being the person you *really are* rather than the person the rest of the world is expecting you to be?

I really hope you've enjoyed this little foray into your inner workings...have a go at doing things a little differently and see what happens.

Go gently...and smile.

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