

come back to yourself

A PROMPT JOURNAL

for a more honest, kind, and connected life

No rules. Just you, showing up. Again and again.

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MONARCH GROVE PRESS

A free sample

Four prompts, one from each part of the journal.

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NOTICE · 08

Small Goods

> *Do not spoil what you have by desiring what you have not.*
> — Epicurus

Epicurus taught that contentment is not finally getting everything you want. It is noticing how much is already here. The mind is quick to chase what is missing. This is the gentler practice of turning back toward what is already good.

So, fill this page with the good. Start with five things from today, however small, that were even a little bit good, the first warm sip, a green light, a text from someone you love, a moment the sun found you. Then do not stop at five. Keep your pen moving, and let yourself be surprised by how many were already there once you started counting.

If today felt short on good, start smaller and truer: one thing that did not go wrong today was...

You are not pretending the hard things away. You are just making sure the good ones do not slip past unthanked.

FEEL · 06

The Kinder Sentence

> *Have patience with all things, but chiefly have patience with yourself.*
> — Francis de Sales

We often speak to ourselves in a voice we would never use on someone we love. de Sales gently reminds us that we too deserve our own patience, most of all on the days we feel we have earned the least of it.

So write down the unkind thing you tend to say to yourself when you fall short. Then, underneath, write the sentence you would offer a dear friend who said that about themselves, and keep that one instead.

If the kinder sentence is hard to find, start with: what I would tell a friend in my place is...

The voice you practice on yourself becomes the voice you live inside. It is never too late to make it a kinder one.

REMEMBER · 10

The Child You Were

> *Somewhere inside every grown person is the child they used to be, with their strange certainties and enormous feelings and fierce, funny logic. That child is not gone. They are simply grown quiet, waiting to be remembered kindly.*

So write about one ridiculous thing you believed as a child, and for how long you believed it. Then defend that kid. They had their reasons. Tell it from their point of view, with tenderness.

If nothing surfaces, start with: when I was small, I was completely sure that...

That child did the best they could with what they knew, and they grew up to be you. They deserve to be remembered with a smile, not an eye-roll.

IMAGINE · 14

A Letter to Next Year

> *There is a version of you one year from now who will read what you write today, and remember exactly where you were sitting. They are already out there, a little further along, hoping you are gentle with yourself in the meantime.*

So write a short letter to yourself to open one year from now. Tell them what you hope has happened, what you are working toward, what you want them to remember about who you are today. Then, at the end, offer them a word of encouragement for whatever they are facing.

If you are not sure how to open it, begin simply: Dear me, one year from now...

A year from now, you will be glad you left this behind. And if life did not land where this letter hoped, that is alright too. The hope is not wasted. You simply hold it for another version of the future, whenever you are ready. Both of you deserve it.

If these pages found you,
there are sixty-four more waiting.

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