

FLOW

CHALLENGE 7 Day Prayer Journal Challenge

1. WRITE ABOUT YOUR DREAM LIFE?

Specify your morning routine, what you did, where you worked, and how you felt.

2. WRITE ABOUT AN AREA YOU FEEL UNBALANCED?

What area of life are you feeling off and why? What do you feel and what are triggers?

3. WRITE ABOUT 1 THING YOU KEEP PUTTING OFF?

Are you putting off going back to School? Going for a dream? Not Cleaning up your room? Why are you?

4. WRITE ABOUT A INSECURITY.

Talk about how it makes you feel and then began to talk about all the beautiful things about you from your smile to your heart.

5. WRITE ABOUT A TIME YOU WERE MOST HAPPY.

Explain the setting, the time, who was around, what you felt and how you can make a happier moment today.



Bonus Tip

Show up to the page and write whatever comes up for 5 minutes

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6. WRITE ABOUT HOW YOU SEE YOUR WALK WITH JESUS?

Specify what you feel and why.

7. WRITE A LOVE LETTER TO YOURSELF.

Add all the bells and whistles, don't hold back and share the most sweetest moments that you've had with you.



Bonus Tip

Write A Love Letter to
God!

THE MORE LOVE & JOY WE EXPECT IN OUR LIVES THE MORE WE EXPERIENCE IT.

Try to not look for more time, but embrace the time given. This is a season to overflow in God and to flow into His Blessings.