

The great Mr. Rogers asked, "Who has loved you into being?" Reflect on this and choose some one who has loved you into being and write them a letter telling them how they affected you and thanking them.



What do you love about your local area (city, neighborhood, street)? Write how you will creatively protect or support those things?

When do you feel loved? What makes you feel loved?



Write a letter thanking someone who has helped you.

What is the best advice you have ever been given?

How can I balance being in touch with the news, helping others, and being present in the moment? Set a daily practice of when you will connect and when you will unplug.

Reflect + Connect

Seven days of journal prompts to inspire love and connection.

TED^x MileHigh
x = independently organized TED event

What does it mean to be a good friend?



What am I grateful for during this season? List five things you are grateful for and describe why and how you are grateful for them.



What is a truth you have never said out loud? Say it.

The person I am becoming will experience more:



What do you believe that no longer serves you? What do you believe that might be holding you back?

Write down the top guiding states or values you want to experience in your relationships, work, creativity and everyday life and post them somewhere you will see everyday.

Body scan: write down everything happening around you at this moment (write down what you see, hear, smell, feel).

Reflections in an Age of Anxiety

7 Days of Journal Prompts to Center and Connect with Yourself

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What is the story around fear that you have been telling yourself. Is it a story of struggle or hope? Failure or perseverance? Then write down the story you want to be living right now. Write it down and notice when the anxious thoughts pop up.

