



The 3-Minute Journal

When you don't have time for a full journaling session, start here.

■ Minute 1 · Empty your head

What's on my mind right now?

■ Minute 2 · Go deeper

What is underneath that thought or feeling?

■ Minute 3 · Choose what you need

What do I need right now?

What is one small thing I can do next?
