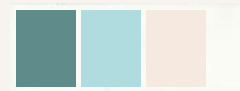
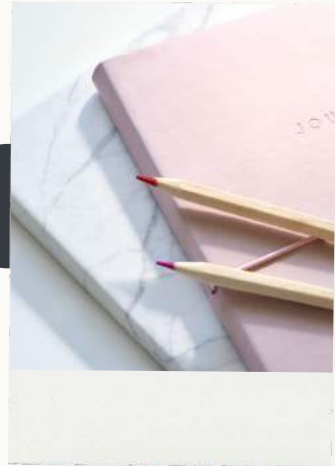


# CALENDAR



2022



## INSPIRING EXPERIENCES

Intentional Living is Key to Feeling Whole

[inspiringexp.com](https://inspiringexp.com)



## Journal Prompt #1

When are you the  
most yourself?

*"Intentional living is the art of  
making our own choices before  
others' choices make us."  
— Richie Norton*

JANUARY

2022

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## Journal Prompt #2

Who are you craving a deeper connection with? Why?

*"Communication is merely an exchange of information, but connection is an exchange of our humanity."*  
— Sean Stephenson

F E B R U A R Y

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## Journal Prompt #3

Name 5 things you are grateful for at this moment.

*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."  
— Oprah Winfrey*

M A R C H

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## Journal Prompt #4

I feel peaceful when...

*"To find peace, you have to be willing to lose your connection with the people, places, and things that create all the noise in your life."  
— Unknown*

A P R I L

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Journal Prompt #5

How would you describe your current season of life?

*"Until you make peace with who you are, you'll never be content with what you have."*  
— Doris Mortman

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# Journal Prompt #6

What is one regret you have? How are you moving forward?

*“Has this world been so kind to you that you should leave with regret? There are better things ahead than any we leave behind.”  
— C.S. Lewis*

J U N E

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Journal Prompt #7

What are you most proud of?

*"Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world."  
— Lucille Ball*

J U L Y

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## Journal Prompt #8

Where do you want to  
be in the next 5 years?

*"Success is not final; failure is  
not fatal: it is the courage to  
continue that counts."  
— Winston Churchill*

# AUGUST

# 2022

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## Journal Prompt #9

What opportunities  
have come out of the  
challenges you've  
faced?

*"Just don't give up trying to do  
what you really want to do.  
Where there is love and  
inspiration, I don't think you  
can go wrong."  
— Ella Fitzgerald*

S E P T E M B E R

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## Journal Prompt #10

What do you often dream of? How can you make it a reality?

*"When you're in your lane,  
there is no traffic."  
— Ava Duvernay*

# OCTOBER

# 2022

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Journal Prompt #11

Are you living in a way  
that reflects the  
person you want to  
be?

*"Your life is already artful —  
waiting, just waiting, for you to  
make it art."  
— Toni Morrison*

NOVEMBER

2022

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20	21	22	23	24	25	26
27	28	29	30			



DECEMBER

2022

## Journal Prompt #12

What will you do to  
make tomorrow  
better?

*“No matter what happens, or  
how bad it seems today, life  
does go on, and it will be better  
tomorrow.”  
— Dr. Maya Angelou*

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