

JOMOWO

YOUR JOMO WORKBOOK



16 DAYS OF JOURNALING  
PROMPTS

PROJECT JOMO

# Welcome!

I appreciate your interest in JOMOWO. The aim of this workbook is to help you enjoy some time with yourself while you miss out on things that don't add any value to your life.

Each day, fill in one answer to the journal prompts. Do so for 15 days and then move to the last prompt on the 16th, a slightly longer format.

I hope that at the end of 16 days, you feel like journaling a little more and that you start spending a few minutes with yourself, quality time that you can enjoy.

Sneha Mehta



## ABOUT ME

I am Sneha Mehta AKA Sam, the founder of Project JOMO. JOMO has been my long term dream. Since the day I found out what JOMO means I expanded it's meaning to a lot of things in life and felt like it is something that the world needs to know about, learn and practice. So here I am and here you are.

# JOURNALING PROMPTS

How are you feeling right now?

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What are 5 things about yourself that you currently love?

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How do you feel physically and mentally?

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# JOURNALING PROMPTS

What's on your mind right now?

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What is one thing you will do/ you did today to feel good?

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Write one thing you're grateful for, one thing you're proud of and one thing you'd like to change.

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# JOURNALING PROMPTS

How can you love yourself better?

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What does self-love mean to you?

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What activities fill your soul with fire?

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# JOURNALING PROMPTS

What does your ideal day look like?

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What did you want to become when you were younger?

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How do you like to relax?

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# JOURNALING PROMPTS

Who would you like to connect (reconnect) in life and why?

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What is one habit that you would like to break and why?

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What is one habit you would like to build? Why?

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## JOURNALING PROMPTS

## Write a Letter To Your Future self





# START YOUR 21 DAYS OF PROJECT JOMO

21 days of Project JOMO is your reminder to spend more time with yourself, away from doomscrolling, away from comparisons and far far away from FOMO.

You will feel a lot calmer, happier and more peaceful by the end of 21 days, I promise.

[CLICK HERE TO START](#)