

learn  
unlearn  
relearn

A SSRN Workshop



Living in the  
Present -  
Just for  
Today



# Journaling Prompts

1. Which of the Just for Today suggestions would be the most helpful to you? List the top three.
2. Control - we talk a lot about not having control over people, places and things. Does that apply to these suggestions?
3. How do you see yourself? Do other people control your life? Are you able to be responsible for yourself? Do you see yourself as a victim?