**Patience Journal Prompts**

* Name one thing you are having a hard time being patient about right now.
* We wish for more patience - what does that mean? An ability to feel content waiting?
* Less stress when things don't go your way? What does being patient mean to you?
* Tell a story about a time you've been rewarded by being patient with someone you love.
* Make two lists: 1. Regularly occurring situations which I need to be more patient about 2. Situations about which it's time to stop being patient and start making a change
* Are you ever impatient because you are trying to control too many people, events or situations in your life? What can you let go of in order to be more patient?