

Use these 5 journal prompts to visualize the benefits of quitting marijuana.

Prompt #1 - Better Mental Health

Imagine a day in your life when you feel calm and balanced. How would your day change if you experienced less depression, anxiety, or moodiness?

Prompt #2 - Restful Sleep

Picture a week where you enjoy deep, restful sleep every night. How does this affect your energy levels, mood, and overall well-being?

Prompt #3 - More Stamina

Envision yourself a few months after quitting marijuana, noticing the improvements in your physical health. What specific health benefits do you experience?

Prompt #4 - Improved Cognition

Think about a scenario where your memory and cognitive functions are sharper than ever. How does this affect your ability to learn new things, solve problems, and remember details?

Prompt #5 - Achieving Goals

Reflect on your life goals and aspirations. How would quitting marijuana help you become more productive and focused on achieving these goals?
