

A top-down view of a wooden desk. In the center is an open notebook with lined pages. The text 'Journal Prompt' is written in a cursive font on the right page, and 'The most difficult time of day is...' is written in a serif font on the left page. To the top right is a white cup of coffee on a saucer. To the top left is a pen. To the right is a pencil. The desk surface is dark wood with a leather-like mat.

Journal Prompt

The most difficult time of day is...

