

JOURNALING PROMPTS

Journaling can be a quiet way of understanding your thoughts and emotions more clearly. This exercise might be especially helpful after a long day. Set aside time to reflect on the day. You don't need to write perfectly or have all the answers — simply allow your thoughts to unfold on the page.

You may find it helpful to set aside 10–15 minutes for reflection.

The following questions under each subject are helpful starter prompts:

Self-Reflection

- What has been weighing on my mind lately?
- What emotions have I been carrying that I haven't expressed?
- What do I need most right now?

Self-Worth

- In what situations do I doubt myself the most?
- What would I say to a friend experiencing the same struggle?
- What are three qualities I appreciate about myself?

Boundaries

- Where in my life do I feel stretched too thin?
- Is there a situation where I wish I had said "no"?
- What might a healthier boundary look like in that situation?

Personal Growth

- What is one small change I would like to make in my life right now?
- What would a more compassionate relationship with myself look like?
- What is something I have overcome that I often forget to acknowledge?