

WELLBEING JOURNALING PROMPTS

Journaling is a great tool for self-reflection but sometimes it can be difficult to know where to start. That's when guided self-reflection prompts can be helpful. The questions below are designed to help you check in with yourself and your needs, and learn about the ways that you can take care of yourself.



1) How am I feeling?

2) Why am I feeling the way I do?

3) What have my triggers been lately?

4) Am I letting matters that are outside of my control stress me out?

5) What has my self-talk been like?

6) Have I been practising enough self-care? If not, how come?

7) What do I need more of right now? How will I make that happen?

8) What do I need less of right now? How will I make that happen?

9) What or who do I need to say "no" to?

10) What am I grateful for?
