
JOURNAL PROMPTS

Journaling is not about writing well or having profound insights. It is a simple way to bring awareness to what is already present in your mind, your body, and your patterns.

When thoughts stay unspoken, they tend to loop.

When feelings stay unfelt, they often show up elsewhere - as tension, overwhelm, or fatigue.

Putting words on the page helps the nervous system process, organise, and release. It creates clarity, perspective, & space.

You don't need time, structure, or perfect consistency. A few honest lines are enough.

Use these prompts as gentle starting points, not rules.

Follow what resonates, skip what doesn't, and let the page meet you exactly where you are.



**I AM NOT WHAT
HAPPENED TO ME.**

**I AM WHAT I CHOOSE
TO BECOME.**

NERVOUS SYSTEM & STRESS AWARENESS

- What is currently feeling heavy or tense in my life?
- When today did I feel most calm? What was different?
- What situations make my body tighten or brace?
- What helps me feel safe or settled?

EMOTIONS & PROCESSING

- What emotion have I been avoiding lately?
- What am I feeling that I haven't said out loud?
 - What feels unresolved right now?
- If this feeling could speak, what would it say?

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BODY CONNECTION

- How does my body feel today — energy, tension, ease?
- Where am I holding stress physically?
- What does my body need more of right now?
- When today did my body feel good?

HABITS & PATTERNS

- What habit is currently supporting me most?
 - What pattern keeps repeating in my life?
- What drains my energy that I keep allowing?
- What small change would make today easier?

GROWTH & SELF-REFLECTION

- What am I learning about myself right now?
- What feels ready to change or evolve?
- What am I proud of lately?
- What matters most to me in this season?

