



Well-being Journaling

Journaling is a wonderful way to engage in self-care by checking in with yourself. We provided 21 days of journal prompts related to self-care for you to consider.

1. What are 3 habits you'd like to change?
2. What coping strategies do you use when you feel anxious or down?
3. What are 3 things that get you through difficult times?
4. What are 3 things you're grateful for this week?
5. What things in your life are you most proud of?
6. What are 3 things that you wish others knew about you?
7. What is a self-care strategy that you have always wanted to try, and what's stopping you?
8. What are 5 activities that bring you joy?
9. What are 3 things you say to pump yourself up?
10. What's a community that you'd want to be a part of, does it exist?
11. What have you learned about yourself in the last year?
12. If you had 3 months off, what would you do with your time?
13. What is one memory you'd never want to lose?
14. What's something unique you could talk about for hours?
15. What is a quality or personality trait you'd like to develop this year?
16. What inspiring themes are popping up in your life lately?
17. What has caused you stress lately and how have you managed it?
18. Are you doing anything that you know is impeding your happiness?
19. What are 3 things that make you feel at "home" with yourself and others?
20. How have you communicated healthy boundaries with others?
21. What are 3 things you can treat yourself to this week?