

Protection Journal Prompts / Reflection Questions

1. ****Boundaries:**** Reflect on your current boundaries in various aspects of your life, such as relationships, work, and personal time. Are there areas where you feel your boundaries are being tested? How can you strengthen and communicate your boundaries more effectively?
2. ****Self-Care Rituals:**** List and describe the self-care practices that make you feel grounded and rejuvenated. How consistently are you incorporating these into your routine? Are there any additional self-care rituals you would like to explore?
3. ****Energy Drainers:**** Identify activities, people, or situations that drain your energy or make you feel emotionally exhausted. How can you limit exposure to these energy drainers? Are there ways to reframe your perspective or set boundaries in these situations?
4. ****Positive Affirmations:**** Create a list of positive affirmations that reinforce your worth, strength, and resilience. How can you incorporate these affirmations into your daily life to boost your self-esteem and confidence?
5. ****Triggers:**** Explore any emotional triggers that may affect your well-being. When do you notice these triggers most often? How can you navigate or mitigate their impact on your mental and emotional state?
6. ****Learning to Say No:**** Reflect on instances where you struggle to say no, whether it's to social invitations, work demands, or other commitments. What fears or beliefs might be underlying this difficulty, and how can you practice assertiveness in setting limits?

7. ****Identifying Support Systems:**** List the people in your life who provide support and understanding. How can you strengthen these relationships? Are there additional sources of support you can seek out?

8. ****Instincts and Intuition:**** Reflect on a time when your instincts or intuition served you well. How can you tune in more to your inner guidance when it comes to decision-making and protecting your well-being?

9. ****Setting Goals for Self-Protection:**** What are some specific goals you can set to enhance your self-protection? These could be related to physical health, emotional well-being, or personal development.

10. ****Reflecting on Past Experiences:**** Consider past experiences where you felt vulnerable or unprotected. What lessons can you draw from these experiences to better safeguard yourself in the future?

Remember, journaling is a personal and introspective practice, so feel free to adapt these prompts to best suit your needs and explore the aspects of self-protection that resonate most with you.