

Top SIX Journal Prompts for your Well Being.

1. Today's Moment of Peace:

Reflect on the moments today that felt peaceful or calm. What were you doing? How can you incorporate more of these moments into your everyday life ?

2. Gratitude Reflection:

Write about three things you are grateful for today and why. Try to think of new things each time you reflect on this Prompt

3. Stress Analysis:

Think about a recent stressful situation, Describe it and then Reflect on how you handled it. What could you do differently next time to maintain your Peace?

4. Mindful Observation:

Choose an object, sound or scent to focus on for five minutes. Describe the experience in detail. What did you notice that you hadn't had before ?

5. Letter to Future Self: Write a letter to your future self , on year from now, What hopes and dreams do you have? What advice would you give yourself ?

6. Unwinding Rituals: Describe your ideal way to relax and unwind after a stressful day. What activities or rituals do you feel most at peace ?

Practice writing these in your daily journal before sleeping or upon waking up to get mental clarity on your current needs to reflect on your life's choices.