

## **Journal Prompts: The Joy of Movement**

### **1. The Benefits of Movement**

- How does your body feel before, during, and after physical activity? Reflect on any physical or emotional changes you notice.
- What kinds of movement make you feel the most alive and connected to your body? Why do you think these activities bring you joy?
- How do you feel mentally after you engage in a workout or any form of movement? Do you notice a shift in your mood, focus, or stress levels?

### **2. Movement as a Form of Self-Care**

- How do you incorporate movement into your daily self-care routine? What types of movement nourish both your body and mind?
- When you are feeling low energy or stressed, how can movement help you reconnect with your well-being?
- How can you make time for movement even on your busiest days? What simple movements can you do to maintain balance and well-being?

### **3. Exploring Movement Through Play**

- Think about a time when you were physically active in a playful way (dancing, playing a sport, running around with a pet, etc.). How did it feel to move without focusing on "exercise" or a goal?
- How can you bring more fun and playfulness into your movement routine?
- Reflect on childhood memories of movement or play. How did you feel when you moved freely without worrying about structure or performance?

### **4. Movement and Mindfulness**

- How can you bring mindfulness into your physical activities? Whether it's yoga, running, or walking, how do you stay present with your body?
- What do you notice in your body when you focus on your breath and the sensations of movement?
- How does being mindful during movement help to reduce stress or increase your sense of calm?

### **5. Celebrating Your Body's Abilities**

- Reflect on a time when your body felt strong, agile, or capable in movement. What did you achieve physically, and how did it feel?
- What is something your body can do today that you're grateful for? How does it make you feel to recognize your body's unique capabilities?
- Think about how your body has changed over time—how has movement played a role in these changes? What are you proud of?

### **6. Creating a Movement Routine**

- What types of movement activities make you feel energized and positive? How can you make space for them in your weekly routine?

- Do you prefer movement that is structured (like a fitness class or routine) or free-flowing (like a walk or dance)? How can you incorporate more of the type you enjoy?
- Reflect on the barriers that might prevent you from being more physically active. How can you overcome them in small, manageable ways?

## **7. Movement and Emotional Release**

- Have you ever experienced a release of emotions (like stress, frustration, or joy) through movement? How did this help you process or cope with your feelings?
- What emotions tend to surface when you move? How do you use movement to work through or express those emotions?
- How can movement serve as a healthy outlet for the emotions you experience in your daily life?

## **8. Movement and Connection with Nature**

- How do you feel when you move outdoors—whether it's walking, hiking, running, or cycling? How does being outside enhance your experience of movement?
- What natural environments (parks, beaches, forests) make you feel most inspired to move? What does that space bring out in you?
- Reflect on how nature and movement intersect for you. How do they combine to bring you peace or joy?

## **9. Exploring New Forms of Movement**

- Have you ever tried a new activity or movement practice that surprised you? What did you enjoy about it?
- If you could explore any form of movement, what would it be? What draws you to that activity?
- How does trying something new in movement help you discover more about your body and your preferences?

## **10. Celebrating the Present Moment Through Movement**

- When you move, how does it help you stay grounded in the present moment?
- How does focusing on the rhythm and flow of movement allow you to let go of distractions or stress?
- Reflect on a recent moment when you felt completely immersed in movement. What sensations, thoughts, or feelings arose in that moment of presence?