

Journal Prompts: Life Balance

1. What areas of your life feel out of balance right now?
2. How do you balance your work and personal life?
3. When do you feel the most overwhelmed? What do you think contributes to this imbalance?
4. How can you create more time for self-care in your routine?
5. What boundaries do you need to set to achieve a more balanced life?
6. What is one area of your life where you'd like to achieve more balance?
7. How can you prioritize your mental health while juggling life responsibilities?
8. What does a balanced day look like for you?
9. What are some signs that you're giving too much of yourself to others?
10. How do you celebrate your small victories in balancing your life?