

Journal Prompts: Physical Health

1. Exploring Current Health Habits

- What are three habits you currently practice that support your physical health?
- What health habits do you wish to change or improve?
- How do you feel about your body right now? What do you appreciate about it?
- What are the physical activities that make you feel energized or strong?
- How do you typically feel after eating healthy foods vs. processed foods?

2. Health Goals and Vision

- What is your ideal vision of physical health? How would you like to feel in your body?
- What specific physical health goals do you want to work toward in the next 6 months?
- How do you define "wellness" for yourself? How does that look in your daily life?
- What would it take for you to feel empowered in your physical health?
- How do you want to prioritize your physical health in your life right now?

3. Body Awareness and Connection

- How do you typically feel in your body when stressed or anxious?
- In what ways do you notice physical signs of emotional or mental stress in your body?
- What are some ways you can create more body awareness and connection throughout your day?
- How do you treat your body when you're feeling low or in pain, and how can that be improved?
- What activities help you feel more grounded in your body (e.g., stretching, breathing exercises, walking)?

4. Nutrition and Eating Habits

- How do you feel after eating nutritious food vs. unhealthy food?
- What does your relationship with food look like right now?
- Are there any foods you feel are fueling your body well?
- How do you feel when you listen to your body's hunger and fullness cues?
- What changes, big or small, would you like to make in your eating habits?

5. Exercise and Physical Activity

- What types of physical activity do you enjoy the most?
- How often do you engage in physical activity, and how does it make you feel?
- What barriers keep you from being physically active regularly?
- How can you incorporate movement into your day, even if you don't have time for a full workout?
- How does physical exercise support your mental and emotional health?

6. Rest and Sleep

- How would you describe your sleep patterns? Do you feel rested when you wake up?
- What is your typical nighttime routine, and how does it affect your sleep quality?
- Are there any habits you need to change in order to get better sleep?

- How does your body feel when you haven't gotten enough rest?
- What steps can you take today to improve your sleep hygiene?

7. Health Challenges and Obstacles

- What health challenges have you faced recently? How are you navigating them?
- How do physical ailments or illness affect your emotional well-being?
- How can you manage chronic pain, fatigue, or other physical health issues with more compassion?
- What can you do to advocate for your physical health needs in healthcare settings?
- How does your physical health influence your daily routine, and what changes would make it easier?

8. Self-Care and Physical Well-Being

- How do you define "self-care" when it comes to physical health?
- What activities or practices make you feel physically nurtured (e.g., massage, skincare, hydration)?
- How can you create a daily routine that supports your physical self-care?
- What self-care activities can you incorporate into your day to feel rejuvenated?
- How can you practice self-compassion if you're unable to prioritize physical health due to time constraints?

9. Body Positivity and Acceptance

- How do you feel about your body image today? What do you appreciate about how your body looks and functions?
- Are there any negative thoughts you have about your body that you'd like to challenge?
- How can you reframe your body's appearance to reflect its strength and resilience?
- How do you practice gratitude for your body, even when it doesn't meet societal standards?
- What small steps can you take to embrace body positivity and self-acceptance?

10. Physical Health and Mental Health Connection

- How do your physical health habits impact your mental well-being?
- When you're physically active or eating nutritious foods, how does your mood shift?
- How do you notice your emotional state affecting your physical health?
- How can you create a stronger mind-body connection for overall wellness?
- What changes to your physical health routine could support your mental and emotional balance?