

Journal Prompts: Rest & Recovery

1. How does your body feel when you've had enough rest vs. when you're exhausted?
2. What activities help you feel recharged and refreshed?
3. How can you create more space in your day for rest and recovery?
4. Reflect on a time when you felt physically and mentally recharged. What did you do?
5. How does rest contribute to your productivity and emotional well-being?
6. What are some signs that you're pushing yourself too hard and need rest?
7. How can you honor your need for rest without feeling guilty?
8. What are some non-negotiable self-care practices you need to incorporate into your life?
9. Write about a time when you pushed through exhaustion. What was the impact?
10. How do you prioritize your health and well-being in a busy life?