

The Serene Analyst - Journaling Worksheet

Journaling Prompt:

"Which habit brings me joy without being tracked?"

1. Reflect

- What is one thing I do regularly that feels effortless and nourishing?
- How do I feel during and after this activity?
- Do I reach for it in moments of stress, joy, or stillness?

2. Explore

- If no one tracked or measured it, would I still do it?
- Have I ever done it just to meet a goal or target?
- When was the last time I did it without pressure?

3. Write Freely

- A habit I naturally return to is: _____
- It brings me joy because: _____
- I want to do more of it when: _____
- I don't need to track it, but I want to be present when I do it.

Gentle Reminder:

"Stillness isn't a streak. It is a state of mind."

Let this page be your reset - an invitation to return to what matters.