

# JOURNAL PROMPTS

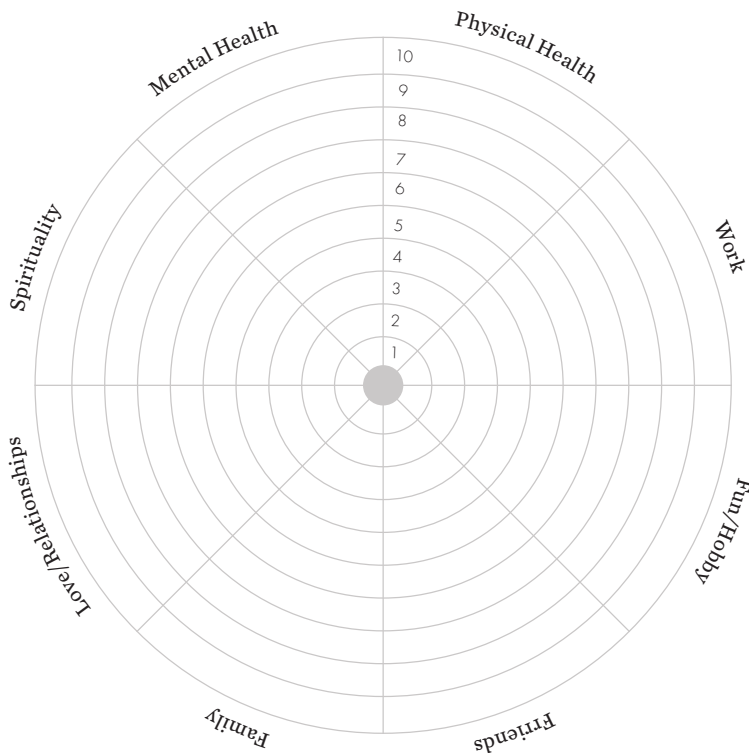
Often when we think, “I’m not stressed. I’m fine,” our physical body is signaling otherwise. We each respond uniquely. A few subtle physical clues to notice may be heat rising on the front of the body or face, becoming drastically cold, tightness in the jaw, shallow breathing or your shoulders coming up to your ears, hiding your neck. Obviously our mental and emotional states clue us in as well: racing, frantic or anxious thoughts, shortened responses, jittery, uneasy energy and scattered head space.

Taking a moment to recognize these states as gifts of awareness allows us to respond before we get to a point of exploding, shutting down or running away. Recognizing physical, mental and emotional signals of rising tension and knowing we have accessible tools to shift our internal energy, actually prevents stress. Cultivating such subtle listening is a wondrous practice in itself.

*Journaling is one accessible and powerful tool that can create dynamic shifts in our energy to help us pivot away from a stressful state.*

## WEEKLY CHECK-IN

Color in based on how you feel in these areas of life.  
(10 - totally satisfied, 1 - not satisfied)



## MOOD TRACKING

M	☺	☹	☹
Tu	☺	☹	☹
W	☺	☹	☹
Th	☺	☹	☹
F	☺	☹	☹
Sa	☺	☹	☹
Su	☺	☹	☹

THIS WEEK, I AM GRATEFUL FOR:

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## WEEKLY GOALS

### Physical Health

- \_\_\_\_\_
- \_\_\_\_\_

### Work

- \_\_\_\_\_
- \_\_\_\_\_

### Fun/Hobby

- \_\_\_\_\_
- \_\_\_\_\_

### Friends

- \_\_\_\_\_
- \_\_\_\_\_

### Family

- \_\_\_\_\_
- \_\_\_\_\_

### Love/Relationships

- \_\_\_\_\_
- \_\_\_\_\_

### Spirituality

- \_\_\_\_\_
- \_\_\_\_\_

### Mental Health

- \_\_\_\_\_
- \_\_\_\_\_

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## WEEKLY REFLECTION

Where is my energy being spent? Where is my attention focused?

When do I feel most disconnected, discouraged or apathetic? How can I avoid getting to that place?

What thoughts are becoming actions? What thoughts are stuck or recycling through my head? Of these, where do I need to dig in and find a new approach, and where do I need to let go?