JOURNAL PROMPTS

DEEP LAYERS

PHYSICAL BODY

What is my relationship to my body like?
What am I putting in?
How do I speak to and about my body?
What does movement mean to me outside of exercise?
How can I bring in more therapeutic self touch?

Where do I hold my tension?
It is consistently in the same area?
How can I remind myself to first notice this response?
What tool or movement has helped most so far?
How does it feel to think about this tension as a message from our bodies?

What would exceptional self care look like, in regards to your body?
Allow yourself to think big.
How might you care more intently for your immune system?
What small pockets of care can you carve out for yourself in each day?
What non negotiable self care practices can you set for yourself?

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ENERGY BODY

What is my relationship to routine like?
How does it feel to reframe that as ritual?
When is the most challenging part of my day and why?
How could I support myself in that moment?
What habits are maybe adding to my stress / anxiety levels?

What is my go to stress response?
How does that feel in my body?
What coping mechanisms do I lean on?
Where is the root of my anxiety?
Which tools are most useful?

What is my relationship to rest like?
What kind of rest do I need the most?
How can I make that happen?
When do I feel most overwhelmed and why?
Where and how can I ask for support?

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DEEP LAYERS

EMOTION BODY

Self Kindness
How do I speak to and about myself?
Do I give myself the same grace I give others?
How does the term 'self love' make me feel?
What would exquisite self care look like?

Boundaries
How does the somatic boundary work feel in my body?
Where do I feel my boundaries are crossed?
How do I usually react to that?
How might kind loving boundaries help me feel more resourced?

Hormonal Flow
Which part of my cycle is most challenging?
What one small thing can I change now to support my hormones?
Write down your hard day protocol.
Where and how can I ask for support?

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WISDOM BODY

How well connected do you feel to your Intuition?
Can I begin to differentiate between the fear based inner voice and the true inner voice?
How does a full body no feel?
How does a full body yes feel?

Inner Rhythm Tracking
How do my emotions shift through the month?
A what point to I need the most support?
How can I support myself / ask for support here?
Where are my superpowers?

Rage
How does anger feel in my body?
What feels good in terms of releasing it?
What are the emotions underneath the anger?
What do I make this mean about myself?
What needs to change?