

October 2024

MONTHLY WELLNESS CHALLENGE

DAILY JOURNALING



Your challenge this month is to write in your journal daily. By taking the time to write down your innermost thoughts, you can gain clarity on what you truly want out of life and who you want to become. It can help you in your personal growth journey and is one of the best ways to lay the foundation for a better version of your life. You get to know yourself by revealing your most private fears, thoughts, and feelings. Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down. Write in a place that's relaxing and soothing. Look forward to your journaling time. And know that you're doing something good for your mind and body.

On the following pages, you will find:

- Optional Journal Prompts to give you ideas of what to write about.
- a blank monthly calendar that you can print off to keep track of your progress (if you are working towards completing the yearly Wellness Incentive Program, you may use this calendar as proof that you did the October 2024 Wellness Challenge)



At the end of the month, you will receive a Wellness email with a link to a Google Form. If you completed your monthly challenge of stretching, please fill out the form and you will be entered into a prize drawing.

It takes 18-21 days to form a habit. Our monthly challenges are intended to get us started in creating good, healthy habits to better our everyday living.

Journal Prompts

- ☐ What is a favorite memory from childhood? Why does it stand out to you?
- ☐ Who were the most “present” adults in your life when you were growing up? What did you learn from them?
- ☐ What 5 lessons would you tell your 18 year old self?
- ☐ What goals have you achieved over the past 5 years?
- ☐ What are the biggest challenges you’ve overcome in your life? How did you do it?
- ☐ What are your biggest strengths? How can you use them to achieve your goals?
- ☐ What are your biggest weaknesses? How can you work to overcome them?
- ☐ What are your biggest accomplishments? How did you achieve them?
- ☐ What are your biggest regrets? How can you learn from them?
- ☐ What is your biggest source of stress? How can you manage it?
- ☐ How do you typically deal with negative emotions? Do you have a healthy outlet or is it more of a coping mechanism?
- ☐ What is your biggest source of joy? How can you cultivate more of it?
- ☐ What are you most grateful for in your life?
- ☐ What are the biggest challenges you’re facing right now? How can you work to overcome them?
- ☐ What are the most important things you have learned in life so far?
- ☐ Write down all of the reasons why you are proud of yourself.

Journal Prompts

- ☐ What is your relationship with yourself? How can you cultivate more self-love and acceptance?
- ☐ Have there been any significant changes in your life in the last year? Have they had a lingering impact on you and your life?
- ☐ What feels good about your life right now?
- ☐ What are you struggling with right now?
- ☐ What are your core values? How do they shape your choices and actions?
- ☐ What are your daily habits? How do they contribute to your overall well-being?
- ☐ What are your non-negotiables in life? In relationships? In your personal habits? At work? At home?
- ☐ What is your biggest fear?
- ☐ What is your relationship with others? Do you have a loving support system, or are you feeling alone and lonely?
- ☐ Who are the people that you want to do life with?
- ☐ Do you feel like you are missing something in your social life or is your sense of community feeling weak? If this is something you are struggling with, what can you do to change that?
- ☐ What does success mean to you?
- ☐ What does happiness mean to you?
- ☐ Think of your life 10-15 years from now. What do you NOT want it to look like?
- ☐ Do you feel like your life is moving in the right direction, or the direction you want it to move towards?
- ☐ Have you found your purpose in life? If yes, what are you doing about it? If no, does that bother you? And if so, what are you doing about it?

Journal Prompts

- ☐ Imagine that you are living your dream life right now. Describe your day and activities in detail. What does your day's schedule look like? What are you wearing? Who are the people around you? What are you eating/ cooking?
- ☐ How far off from your current life and daily routine is this vision of your dream life you just described?
- ☐ What is holding you back from achieving your goals or living your dream life?
- ☐ What are your top 4-5 goals for this year? Why do they matter to you?
- ☐ This time next year, what has remained the same and what has changed? Or what do you hope it would be like?
- ☐ What are your goals for the next 5 years?
- ☐ What are your goals for the next 10 years?
- ☐ How do you feel about your physical health? What is one thing you could do today/this week/month/year to improve your physical health?
- ☐ How do you feel about your mental health? What is one thing you could do today/this week/month/year to improve your mental health?
- ☐ Are there any mindfulness/spiritual practices that you do currently? Why, or why not?
- ☐ What is your relationship with social media? Does it impact you in a positive way, or does it leave you feeling drained?
- ☐ What is one area of your life that could use more organization? How can you improve it?
- ☐ What is one relationship in your life that could use more attention or nurturing? How can you improve it?

Journal Prompts

- ☐ What is one thing you can do to step out of your comfort zone today/this week/month/year?
- ☐ What is one area of your life where you could use more self-discipline? How can you cultivate it?
- ☐ What is one habit or behavior that is not serving you? How can you let go of it? Think of any bad habits you might have already overcome - what did you do to get rid of them?
- ☐ Are there any new habits you would want to incorporate into your life?
- ☐ What do you want your legacy to be?
- ☐ How are you making the world a better place for those who come after you?

Month

Challenge

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

