

JOURNAL PROMPTS

JOURNAL PROMPTS TOPICS ARE BASED ON THE SAMHSA 8 DIMENSION OF WELLNESS.
CHOOSE WHAT YOU FEEL YOU NEED TO REFLECT ON IN THIS MOMENT.

EMOTIONAL

1. What emotions have I been experiencing most often lately? How do they affect my daily life?
2. How do I usually cope with stress, and what is one new healthy coping strategy I could try?
3. Write about a time I faced a challenge and overcame it. What did I learn from that experience?

FINANCIAL

1. How do I feel about my financial situation right now? What emotions come up when I think about money?
2. What is one financial habit I can improve, and what steps can I take to work toward that?
3. Write about a financial goal I have and the steps I need to take to achieve it.

SOCIAL

1. Who are the people in my life that bring me joy and support? How can I strengthen those relationships?
2. When was the last time I had a meaningful conversation? What made it meaningful?
3. What does a healthy friendship look like to me? How can I cultivate more of those?

SPIRITUAL

1. What gives my life meaning and purpose? How do I nurture that?
2. When do I feel the most connected to something greater than myself?
3. What daily or weekly practices help me feel grounded and aligned with my values?

OCCUPATIONAL

1. What aspects of my job or daily responsibilities bring me the most joy?
2. What would my dream job or career look like, and what steps can I take to get closer to it?
3. How do I balance work and personal life? Is there anything I can adjust to improve this balance?

PHYSICAL

1. How do I feel in my body today, and what is one thing I can do to take care of it?
2. What is my relationship with movement and exercise? How can I make it more enjoyable?
3. What does a nourishing meal look like to me, and how can I incorporate more of it into my routine?

INTELLECTUAL

1. What is something new I've learned recently, and how has it changed my perspective?
2. If I could take a class on anything, what would it be and why?
3. What creative activity or hobby makes me feel the most engaged and fulfilled?

ENVIRONMENTAL

1. How does my current living or work environment affect my mood and well-being?
2. What are three small changes I can make in my space to create a more peaceful and positive environment?
3. Describe my ideal environment. How can I bring elements of it into my daily life?