

SELF-CARE & WELL-BEING

JOURNAL PROMPTS

Small rituals for becoming whole again.

A Gentle Note Before You Begin

Self-care is more than routines — it's how you tend to yourself through grief, transition, and growth. These prompts help you explore what you need, what supports your well-being, and how you can soften, restore, and rebuild from the inside out.

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Grieve. Go. Grow

Part 1 — Understanding What I Need

1. What does my mind need right now?
2. What does my body need right now?
3. What does my heart need right now?
4. What helps me feel emotionally safe?
5. What signs tell me I'm nearing burnout or overwhelm?

Part 2 — Rest, Softening & Permission

1. What does rest look like for me in this chapter?
2. Where do I feel guilt around resting or slowing down?
3. What would I do today if I allowed myself total permission to rest?
4. What feels soothing to my nervous system?
5. What helps me soften when everything feels heavy?

Part 3 — Emotional Well-Being & Inner Care

1. What emotions need space today?
2. How can I offer myself comfort through this feeling?
3. What emotional boundaries support my well-being?
4. What coping tools feel supportive instead of numbing?
5. What helps me return to myself after a difficult moment?

Part 4 — Physical Grounding & Body Connection

1. How does my body hold grief or stress?
2. What movements, stretches, or activities feel good right now?
3. What foods or routines help me feel nourished?
4. What does my body appreciate that I've been neglecting?
5. What does feeling physically cared for mean to me?

Part 5 — Soul-Level Nourishment & Joy

1. What brings me quiet joy or comfort?
2. What activities help me feel like myself again?
3. What natural environments soothe me most?
4. What creative or expressive outlets feel healing?
5. What experiences fill me with curiosity, possibility, or wonder?

Part 6 — Building a Future of Well-Being

1. What self-care practices do I want to incorporate more regularly?
2. What habits support the person I'm becoming?
3. What do I want "well-being" to look like six months from now?
4. What small daily actions have the biggest impact on how I feel?
5. What intention do I want to hold for my well-being journey?

