

Journaling Prompts



Journaling is simply a way to get what is in your head out onto paper. When thoughts stay internal, the brain treats them as unfinished tasks. This keeps your stress response active. Writing your thoughts down signals completion helping your mind settle, and your body naturally follows. The result: clearer thinking, lower stress, better sleep, and more consistency with your habits.

Why This Matters for Lasting Health

When your mind is overloaded, it is harder to:

- Make thoughtful food choices
- Stay consistent with movement
- Wind down for quality sleep
- Respond calmly instead of reacting

Journaling creates space. Space allows better decisions.



Prompts

1. Name What You're Carrying

What emotion am I still holding from today? Name it. Write 2–3 sentences. Do not fix it. Just acknowledge it.

2. Clear the Mental Clutter

What is taking up space in my mind right now? List it out. Nothing is too small.

3. Identify the Stress Point

What felt hardest today? Why?

4. Regain Control

What is one thing I can do tomorrow that would make the day feel more manageable?

5. Notice What Went Well

What is one thing that went right today?

6. Body Check-In

Where do I feel tension in my body right now? What might that be connected to?



Start Simple—just 2–5 minutes is enough!

Use paper or your phone. You can even voice message your journal! No specific structure needed since there is no “right” way to do this.