JOURNAL PROMPTS

Rituals That Hold You

For the habits that hold you together.

What habits make me feel my best?

What parts of my routine genuinely support me?

What does taking care of myself look like right now?

What's been draining me lately?

What's been helping me lately?

What small habit has positively impacted my mood?

What routines feel realistic and sustainable for me?

What helps me feel emotionally recharged?

What does rest look like for me lately?

What's one supportive thing I can do for myself this week?

Rituals That Hold You

CUT ALONG THE DASHED LINES

NO. 1



What habits make me feel my best?

NO. 2



What parts of my routine genuinely support me?

NO. 3



What does taking care of myself look like right now?

NO. 4



What's been draining me lately?

NO. 5



What's been helping me lately?

NO. 6



What small habit has positively impacted my mood?

NO. 7



What routines feel realistic and sustainable for me?

NO. 8



What helps me feel emotionally recharged?

NO. 9



What does rest look like for me lately?

NO. 10



What's one supportive thing I can do for myself this week?

