

JOURNAL PROMPTS

The Mental Load

For the work no one sees, and the rest you deserve.

What work do I do every day that no one sees, including me?



What's been circling in my head that I could put on paper today?



What's one thing I keep doing the hard way that I could make easier this week?



What's one small thing I can do today that future me will thank me for?



Where can I loosen my standards and still take good care of my people?



What does real mental rest look like for me?



Where in my life could I choose ease without guilt?



What part of my week could be simpler if I let it?



How can I take care of myself the way I take care of everyone else?



What could I plan ahead this week to protect my peace?



The Mental Load

CUT ALONG THE DASHED LINES

NO. 1



*What work do I do every day that
no one sees, including me?*

NO. 2



*What's been circling in my head
that I could put on paper today?*

NO. 3



*What's one thing I keep doing the
hard way that I could make easier
this week?*

NO. 4



*What's one small thing I can do
today that future me will thank me
for?*

NO. 5



*Where can I loosen my standards
and still take good care of my
people?*

NO. 6



*What does real mental rest look
like for me?*

NO. 7



*Where in my life could I choose
ease without guilt?*

NO. 8



*What part of my week could be
simpler if I let it?*

NO. 9



*How can I take care of myself the
way I take care of everyone else?*

NO. 10



*What could I plan ahead this week
to protect my peace?*

