

Stress and Burnout Journal Prompts



1. What has been demanding the most mental energy from me lately? 
- ★ 2. Which responsibility feels heavier than it should?
3. What am I saying yes to that I genuinely don't have capacity for? 
- ★ 4. What signs tell me that I need rest rather than more motivation?
5. When was the last time I felt genuinely rested?
6. What part of my routine is helping me recover?
- ★ 7. What part of my routine is quietly making things harder? 
8. What boundary would protect my energy this week?
9. What am I afraid will happen if I slow down?
- ★ 10. Which task can wait until tomorrow? 
11. What would a realistic low-energy day look like for me?
- ★ 12. What is one small thing I can remove, postpone, postpone, delegate, or simplify?

