

Wellness Journal Prompts and Ideas



1. How has my energy changed throughout the day recently?



2. What does my body seem to need more of right now?



3. How has my sleep affected my mood?



4. Which daily habit makes me feel more stable?



5. Which habit leaves me feeling worse afterward?



6. How much time am I spending online when I'm actually trying to avoid a feeling?



7. What activity makes me lose track of time in a healthy way?



8. Where in my life do I need a clearer boundary?



9. What does rest look like when I don't have to earn it first?



10. Which relationship currently feels nourishing, and which feels draining?



11. What would a healthier version of my normal week look like?



12. What is one realistic wellness change I could maintain even during a stressful week?

