

# PRACTICAL SELF-CARE JOURNALING PROMPTS

## *Environmental*

- Can you find what you need when you need it?
- Do you have piles or drawers full of clutter that prevent you from utilizing the space in the way you'd like to?
- Do you know what you're going to eat for your meals every day or is it a challenge?
- Do you know how to repair or facilitate repairs/maintenance in your home?
- How does your current living space appeal to your five senses?
- How often do you enjoy other environments besides your current living space?

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## *Professional*

- If you work from home, are you happy with the routine you have? Are you able to clearly define what work and life/home is? Do you know when “quitting time” is?
- If you’re a stay at home parent, do you feel happy with the amount of support and resources you have available to you?
- Do you enjoy your job?
- Are you able to easily use your paid time off, sick time, and vacation days (if applicable) without guilt?
- Do you take your work home with you? Physically or emotionally?
- Do you check your work email or texts after work hours?
- Which of your daily tasks play to your strengths? Which are the most energizing and which bring the most joy? Which are the most mentally taxing and emotionally draining? Which do you spend most of the day completing?

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## *Financial*

- Do you know how much it costs for you to pay all of your bills and expenses each month including subscriptions?
- Are you able to comfortably create/earn that much or more money every month or do you tend to not know how you're going to pay at least one expense every month or need to put something on a credit card, pay a late fee, etc.?
- Do you have a budget? Are you able to follow it?
- Do you have debt? Do you know how much?
- What is your biggest fear in relation to money?
- Describe your relationship to money in 5 words or less.
- How often do you go shopping? Do you shop online, in person? Do you know anything about your shopping habits? Do you tend to shop when you're happy, sad, or intoxicated? Do you buy things when you first get paid or on an impulse? Do you feel happy with most of your purchases or do you end up not using them and later donating them?

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## *Social Media*

- Do you feel emotionally supported by social media?
- Do you follow anyone just to make sure you know what they're doing or because you're jealous of them?
- Do you start your day scrolling through an app?
- Do you find it difficult to not move on from an article/post that makes you feel frustrated, angry, or sad?
- Are there any activities or hobbies you'd like to lean into more or learn during a break?
- Imagine being off social media for 7 days. How do you feel?
- Think about how you want to feel, the habits you'll have formed, and the new perspective you'll be returning to social media with. Visualize what that looks like and feels like.