

Guided Journal Prompts

Use this quick reset weekly or after a heavy day. Move through each section at your own pace. Write freely; there are no right answers. If a prompt doesn't fit, skip it. Return to the final page to plan one 'next right step.'

Section 1: Weekly Snapshot (circle or underline)

Energy: Low / Medium / High

Capacity: Thin / Okay / Solid

Sleep: Poor / Fair / Good

Top 3 priorities this week:

1. _____
2. _____
3. _____

Tip: You don't have to do hard things alone. Name one person you'll text or email today.

Section 2: Ground & Notice

3-Breath Reset — Inhale 4, hold 2, exhale 6. Repeat x3. Note what shifts.

Body Scan — Where do you feel tension? What needs softness?

Capacity Check — What could I realistically carry this week? What can wait?

Boundary Nudge — One small boundary I'll practice:

Note: If anything here raises safety concerns, pause and reach out to a supervisor or trusted peer.

Section 3: **Make Meaning**

Moment of Impact — What stuck with me this week? Why?

Proud Of — A thing (big or small) I handled well:

Release — Something I am setting down (worry, judgment, pressure):

Support I Need — Person/resource/action that would help:

Tip: You don't have to do hard things alone. Name one person you'll text or email today.

Section 4: **Plan the Next Right Step**

Micro-Plan — Choose one focus. Break it into three tiny, doable steps:

Step 1:

Step 2:

Step 3:

Smallest Next Step (2–5 minutes):

When & Where I'll do it:

Backup Plan if life happens:

You're doing enough. Keep going.