



## Journal Prompts

### FOR GRATITUDE & SELF-CARE

#### Journal Prompts

1. What is one aspect of my physical health that I am grateful for?
2. What is one thing that inspires me in nature and why?
3. What conversations have I recently had with a friend or family member that I am grateful for and why?
4. As I engage in my five senses, what do I see, hear, smell, taste and touch? How does this awareness ground me to the present moment?
5. In what ways have I noticed growth within myself when I've been able to truly find connection with others?
6. What are some ways I can create an environment of meaningful connection and growth?
7. Thinking of a time when someone's kindness made an impact on my life - what was it about their kindness that stood out to me the most?
8. What are some ways I can practice kindness in my daily life? (With myself and others.)
9. In what ways can I practice self-care in this season? In what ways can I practice gratitude?
10. When I reflect on my life this past year, what is one positive change that I notice?



# Journal Pages

Print out this page and use it to write down your responses to these prompts or any other thoughts that come up.

A large, empty, rounded rectangular area with a light beige background, intended for writing. The corners are smoothly rounded, and the space is completely blank, providing a clear area for the user to record their thoughts and responses.

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## PRACTICE SELF CARE



SELF-COMPASSION IS SIMPLY  
GIVING THE SAME KINDNESS TO  
OURSELVES THAT WE WOULD GIVE  
TO OTHERS.

Kristin Neff, Ph.D.



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## PRACTICE REFLECTION



*"Be still,  
and know  
that I am God!"*

Psalm 46:10a (NLT)

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## PRACTICE GRATITUDE

**grat·i·tude**

*/ˈgrədəˌtʊd/*

noun

the quality of being thankful;  
readiness to show appreciation  
for and to return kindness.



## PRACTICE PRESENCE



*Breathe*

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