

SOUL EMBODIMENT

Wellness Coaching

“Brain Dump”

14 DAYS OF JOURNAL PROMPTS

- How are you feeling in the present moment?
- What has been on your mind?
- Is there anything in your life you are avoiding?
- What do you need to let go of?
- Are you devoting time to self-care? If not, how can you start to carve out time for yourself?
- Have you acknowledged your achievement lately, whether they have been big or small?
- What bothered you today?
- What are you grateful for?
- What activities bring you joy?
- Is there someone you need to reach out to?
- What has or can make you genuinely happy?
- Where do you feel stress in your body? What shape is it? What color is it?
- What have you been wanting to do but continue to put off?
- When is the last time you embraced your inner child and played?

