

REFLECTION

Journalling Prompts

Reflective questions to help you explore what you are thinking and feeling in your own time. There is no need to write well, write much, or share what you write — the value is in the noticing.

Prompts to explore

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| 01 | Right now | What am I feeling in this moment — in my mind, and in my body? Where do I notice it? |
| 02 | Beneath the surface | If this feeling could speak, what might it be trying to tell me? |
| 03 | Patterns | When have I felt like this before? What tends to happen just before this feeling arrives? |
| 04 | Kindness | What would I say to a good friend who felt this way? Can I offer myself even a little of the same? |
| 05 | What I need | What is one small thing that would help me today — and what is one small step towards it? |
| 06 | Gratitude | What is one thing, however small, that steadied or comforted me recently? |

Gentle reminders

- Choose one prompt at a time. You do not need to work through them all.
- Set a gentle limit — five or ten minutes is plenty. You can always return another day.
- If writing stirs up more than feels manageable, pause, and consider bringing it to a session instead.

None of this is homework, and none of it is required — take what feels helpful and leave the rest.