

Mental Chec✓

Journaling Prompts – Chec in, not out

Emotional Awareness Prompts

- What emotion is strongest for me today, and where do I feel it?
- If my feelings could speak, what would they say?
- What am I avoiding emotionally right now?
- What drained my energy today? What fueled it?
- Which emotion do I need permission to feel?

Self-Esteem + Self-Worth Reflections

- What's something I did today that I'm proud of?
- How would I describe myself if I were being honest AND kind?
- What limiting belief about myself am I ready to release?
- What does choosing myself look like today?
- What is one truth about my worth that I want to believe more deeply?

Relationship Clarity Questions

- What relationships feel aligned with who I'm becoming?
- Where am I shrinking myself to maintain peace?
- What needs am I hesitating to communicate?
- What does emotional safety feel like to me?
- Where am I giving more than I have the capacity for?

Stress + Burnout Check-ins

- What signs of burnout have I noticed lately?
- Where am I overextending myself?
- What small boundary could bring me relief today?
- What expectations can I let go of right now?
- What does my body need from me today?

Inner World Exploration Prompts

- What story am I telling myself — and is it true?
- What part of me needs attention right now?
- What thoughts have been loud? Which ones have been quiet?
- What do I need to feel grounded?
- What am I learning about myself lately?