

Daily Journaling Prompts

To Help You Nourish Body, Mind & Soul



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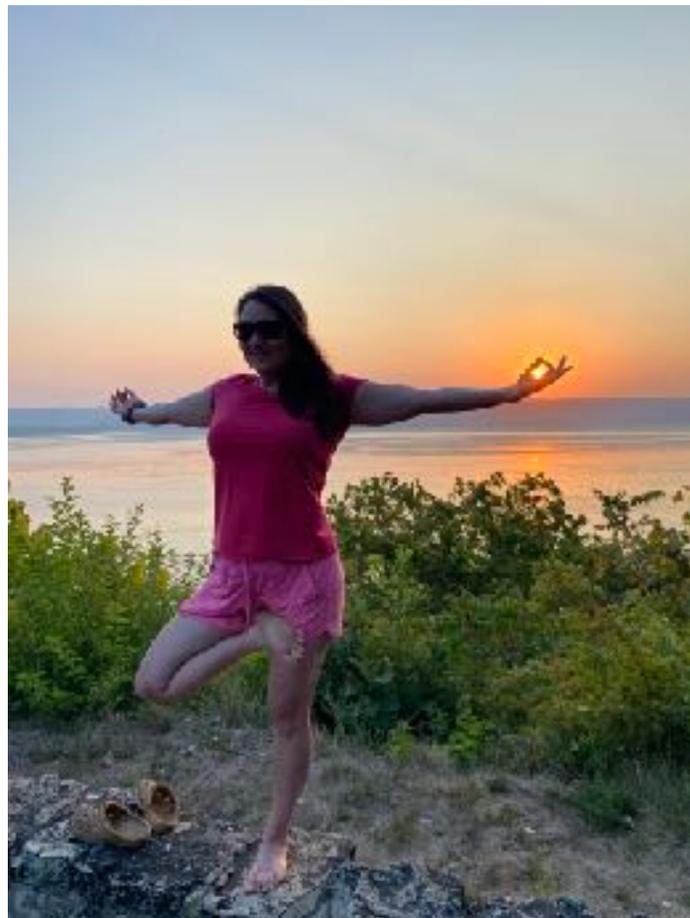
Welcome!

Journal your way to wholeness and well-being :)

Use these journaling prompts as a daily reflection or contemplation practice to help guide your actions and decisions toward nourishing your body, mind, and soul.

By checking in with yourself daily and making intentional choices, you can cultivate a greater sense of peace, joy and fulfillment in your life.

So grab your favorite cuppa and get cosy with these **morning contemplations** and **evening reflections**.



Morning Contemplations

Nourish Your Body

What healthy foods and drinks will I consume in order to fuel my body with goodness today? And what foods and drinks will I avoid?

What physical activity can I engage in today to strengthen my body and boost my energy levels?

What can I do for my body so that it feels well taken care of today?

Nourish Your Mind

What positive or inspiring thoughts and affirmations can I focus on today?

What comforting words will I say to myself if my inner critic shows up?

What activities can I engage in that will challenge my mind and foster creativity? And what activities can I do to clear my mind and give my mind a rest?

Nourish Your Soul

What am I grateful for, no matter how small? Think of something new everyday!

What steps can I take to align my actions with my sense of purpose and meaning today?

What creative or spiritual practice can I do today to nurture my inner self?



Evening Reflections

Nourish Your Body

Did I pay attention to my bodies signals for rest and relaxation today?

Was I mindful of my posture to help prevent strain and discomfort today?

Am I prioritizing sleep today?

Nourish Your Mind

What new things have I learned or discovered today, and how can I apply this knowledge?

Did I manage to stay focused today? If not, what can help me stay focused tomorrow?

Did I manage negative thoughts effectively through mindfulness, relaxation techniques or something else?

Nourish Your Soul

Did I connect with loved ones or make meaningful social interactions today?

Did I listen to the whispers of my soul for guidance today?

What moments of gratitude can I acknowledge about this day?

