

Self Help Prompts

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1. WRITE ABOUT THREE HEALTHY HABITS THAT YOU HAVE ADOPTED THIS PAST YEAR.
2. WRITE A GOAL THAT WILL LEAD YOU TO GREATER HAPPINESS.
3. WHAT IS KEEPING YOU FROM GETTING BETTER SLEEP?
4. WHAT SHOULD I HAVE SAID "NO" TO THIS WEEK?
5. WHAT SHOULD I HAVE SAID "YES" TO THIS WEEK?
6. WHEN WAS THE LAST TIME YOU FELT MOTIVATED?
7. WRITE ABOUT A TIME THAT YOU FELT JOY FOR SOMEONE ELSE'S ACCOMPLISHMENT.
8. WHAT MAKES YOU FEEL CALM?
9. WHAT CAN YOU DO TODAY THAT YOU COULDN'T DO LAST YEAR?
10. HOW DO YOU PICK YOURSELF UP WHEN YOU FEEL BURNOUT?
11. WHAT DO YOU NOT REMIND YOURSELF OF ENOUGH?
12. WHAT ADVICE WOULD YOU GIVE YOUR 18-YEAR OLD SELF?
13. IN WHAT AREAS DO YOU COMPARE YOURSELF TO OTHER PEOPLE?
14. NAME THREE THINGS THAT INSPIRED YOU TODAY.
15. WRITE A LETTER TO SOMEONE THAT HURT YOU, EVEN IF YOU DON'T PLAN ON GIVING IT TO THEM.

Self Care Prompts

1. WHEN WAS THE LAST TIME YOU TOOK A "ME DAY"?
2. WRITE ABOUT THE ULTIMATE SELF-CARE GIFT YOU COULD GIVE YOURSELF.
3. LOOK UP SOME SCENTED SOAP RECIPES. WRITE DOWN YOUR FAVORITES.
4. PLAN A DIY SELF-CARE KIT.
5. WRITE A LIST OF MOVIES THAT MAKE YOU FEEL GOOD.
6. LIST YOUR COMFORT FOODS AND WHY THEY MAKE YOU FEEL GOOD.
7. DESIGN YOUR NEXT MANICURE OR YOUR IDEAL MAKE-UP PALETTE.
8. PLAN A YOGA ROUTINE AND DRAW THE POSES.
9. DESIGN A GIFT CARD FOR YOURSELF.
10. PLAN YOUR WEEKLY SELF-CARE ROUTINE.
11. WHAT NEVER FAILS TO MAKE YOU LAUGH?
12. DESCRIBE THE PERFECT DAY.
13. WHAT MAKES YOU FEEL IN CONTROL?