

# JANUARY 2020

## DAILY JOURNAL PROMPTS

1. What does rest mean to you?
2. When did you last take some "YOU" time?
3. What is your favourite way to rest?
4. Do you use a relaxation technique?
5. What did you enjoy about last year?
6. What would you improve from last year?
7. Did you achieve your last year goals?
8. What surprises came up last year?
9. How are your relationships going?
10. Is there anything you would change in your personal behaviour?
11. What music do you turn on to wind down?
12. If you could visit a new city or country, where would you go?
13. Picture in your mind what a relaxing day would look like.
14. Do you prefer people and activity or quiet and more solitude to rest?
15. What is your favourite attraction in nature? Seaside, mountains, forest?
16. What helps you to reflect?
17. Do you like to journal?
18. Is there anything you need to let go from your past year?
19. Imagine you had \$100 to spend for fun, what would you spend it on?
20. Where would you go to relax?
21. Is there an exercise that you find relaxing?
22. What are your favourite movies?
23. When did you last soak in a bubble bath, with candles and your favourite drink?
24. What do you like to think about to help you relax?
25. How often do you spend time reflecting on past events?
26. Are there any sounds that you find very relaxing?
27. How do you know when you some time out?
28. How do you calm yourself when you are feeling stressed?
29. Are you self aware or do you rely on others to help you understand how you are feeling?
30. A friend needs to relax, what would you say to them?
31. What is your favourite game to play?

# rest + reflect

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	