



## July Reflection Journal Prompts

*Take 5–10 quiet minutes with each prompt. Breathe deeply, be gentle with yourself, and let your answers flow freely.*

### 1. What has supported my well-being so far this year?

Think about habits, routines, people, or practices that helped you feel more grounded, balanced, or healthy—even in small ways.

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### 2. What am I ready to release or let go of right now?

This could be a mindset, a habit, or an expectation that feels heavy or misaligned. What no longer serves your healing?

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### 3. What is my body asking for more of in this season?

Tune in to your physical and emotional needs. Is it rest, movement, nourishing food, connection, or stillness?

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### 4. How can I offer myself more grace in this chapter of life?

Consider where you've been hard on yourself. What would it look like to replace that pressure with compassion?

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### 5. What is one intention I'd like to carry into the rest of the year?

Focus on a feeling or theme (like “peace,” “energy,” or “consistency”) that you want to embody as you move forward.