

Energy Givers Journal Prompts

We've curated some journal prompts to reflect and dive deep into yourselves to identify your unique energy givers. So get ready – the more you pour your heart into these, the more you will get out of it!

1. WHAT WERE YOU INTERESTED IN AS A CHILD? WHAT DID YOU SAY YOU WANTED TO BE WHEN YOU GREW UP?

2. THINK ABOUT A MOMENT IN YOUR LIFE WHERE YOU FELT PURE JOY. WHERE WERE YOU? WHO WERE YOU WITH? WHAT WERE YOU DOING? BE AS DESCRIPTIVE AS POSSIBLE.

3. HOW CAN YOU RE-CREATE THE FEELINGS YOU HAD IN THAT MOMENT IN YOUR EVERYDAY LIFE TODAY? IS IT SPENDING MORE TIME WITH SPECIFIC PEOPLE, IS IT GOING TO A SPECIFIC PLACE, ETC.?

My Energy Givers

*Make a list of things, people, activities, smells, foods, places, etc. that truly light you up.
Refer back to this list anytime you find yourself needing a little dose of self-care.*

examples: try to get super specific here. i.e if music feeds your soul, write the specific song. If laughter gives you energy, write exactly what you find funny.

- *quality time with _____*
- *sunbathing*
- *dancing in my room alone*
- *driving with the windows down*
- *sprinkles cupcakes*
- *flowers by miley cyrus song*
- *watching the sunset in Newport*
- *nola coffee from blue bottle*
- *long hot showers*
- *sound baths*
- *cold plunges*
- *planning an event*
- *scrapbooking*
- *cuddling with _____*
- *watching jo koy comedy show*
- *garden salad from vegan joint*
- *girls trips*
- *free writing*