

Wellness Prompts

Objective

Connect to the suggested journal prompts for the purpose of owning your current physical state.

1. Establish a relationship with what you know.
2. Discover opportunities for change.
3. Determine your wellness core capabilities.

Materials

Journal Prompts about 'Wellness'

- The eyes have it: What is obvious?
- Heart beat away: Near miss, close call, danger zone?
- Good to the last drop: How do you start your day?
- Keep it moving: More or less?
- Breath of fresh air: Nature calling?
- Right under your nose: Positive or Negative?

Procedures

1. Pick one prompt per day to explore.
2. Answer the questions about your personal experience from today's perspective and write about it for 10-15 minutes.
 - Write about what your wellness looks like - **TRUTH** Are you being honest with yourself?
 - Talk about it in your own words - **FEAR** Real or imagined? Did this happen to you or to someone close to you? Define this in the precise words that are on your mind concerning it.
 - Prefer to be in charge or on auto-pilot - **CHANGE** What is possible?
 - Experience the great outdoors and use your words to describe it - **FREEDOM** Throw your arms up, breathe deeply, spin around and take it all in. Now, write about the experience.
 - Self Talk, the things you say to yourself - **ATTITUDE** What could use a helping hand? Would you help you if you could?

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