

# WEEK 26 of #YOUR2024STORY

## Journal Prompt: *The Power of Reflection*

### Reflecting on your Wellness Journey

*Take the time to look back on your wellness journey so far, identify what's working and where you may need to pivot or adjust course.*

#### *Journal Prompts:*

- 1) Take a moment to reflect on the progress you've made in your wellness journey so far. Consider all aspects, be it emotional, physical, or mental. What are some of the most significant changes you've noticed? How have these changes influenced your day-to-day life and overall wellbeing?
- 2) Let's celebrate your victories. What are some notable milestones or accomplishments you've achieved on your wellness journey? Describe the feeling of achieving these milestones. How did it motivate you to continue on this path?
- 3) Every journey has its set of challenges. What obstacles or setbacks have you encountered along the way? Share your experiences on how you overcame them or the strategies you're currently implementing to tackle them.
- 4) Self-discovery is a significant part of any wellness journey. What insights have you gained about your strengths, weaknesses, habits, or preferences through this journey? How have these insights helped you to better understand and take care of yourself?
- 5) Looking towards the future, what are your aspirations for your wellness journey? Chart out some goals you'd like to achieve. What actionable steps can you take to work towards these goals?

As we reflect and reset our goals, let's remember that the journey is ongoing, and every step forward is a victory worth celebrating.