

WEEK 41 of #YOUR2024STORY

Journal Prompt: *Maintaining Wellness Goals in Social Settings*

Journal Prompts:

How do I typically feel when faced with social situations that challenge my wellness goals?

What strategies have I successfully used in the past to stay on track with my wellness goals during social events?

In what ways can I communicate my wellness goals to friends and family without feeling uncomfortable?

How can I plan ahead for social gatherings to ensure I have healthy options available?

What are some polite ways to decline food or drinks that don't align with my wellness goals?

How can I reframe social situations to focus on connection and enjoyment rather than food and drinks?

What are some alternative activities I can suggest for social gatherings that support my wellness goals?

How do I handle peer pressure when it comes to my wellness choices? How can I improve my response?

In what ways can I be a positive influence on others' wellness goals during social interactions?

How can I practice self-compassion if I deviate from my wellness goals in a social setting?

What boundaries can I set to protect my wellness goals without isolating myself socially? How can I balance enjoying social occasions while still prioritizing my long-term wellness objectives?

By navigating social settings with intention and grace, we can enjoy the richness of connection and celebration without compromising our health and well-being.