

WEEK 43 of #YOUR2024STORY

Journal Prompt: *The Connection between Giving Back & Wellness*

Journal Prompts:

- ~How has giving back to others impacted your overall sense of well-being?*
- ~Describe a recent experience where you helped someone. How did it make you feel physically and emotionally?*
- ~In what ways has volunteering or charitable work influenced your perspective on personal health and wellness?*
- ~Can you recall a time when giving back helped you overcome a personal challenge or improved your mental health?*
- ~How has helping others motivated you to take better care of yourself?*
- ~Reflect on the ways you have given back recently*
- ~What specific activities or actions did you take to help others?*
- ~How did these experiences make you feel in the moment?*
- ~Did you notice any changes in your mood, energy levels, or overall wellness after giving back?*
- ~Have your experiences with giving back inspired any new wellness goals or practices?*
- ~What new ways of giving back would you like to explore in the future?*
- ~How can you integrate giving back more consistently into your wellness routine?*
- ~What potential benefits do you anticipate for your overall wellness by continuing to give back?*

Take some time to journal about these prompts, reflecting deeply on your experiences and the profound connection between giving back and your personal wellness journey.