

How do I want to feel this week?

SUNDAY NIGHT RITUAL JOURNAL PROMPTS

Feelings

Happy, proud, excited, content,
peaceful, joyful, satisfaction,
loving, gratitude, relaxed...

Proud of

What am I proud
of last week?

Priorities

What are my 3 top
priorities that are
non-negotiables?
Schedule them
into your
calendar.

Let go

Am I choosing to
let go of
anything? What
no longer serves
me?

Nourishment

How am I nourishing my
body, mind and soul?

Self-care

Where can I
prioritise 5 or 10
minutes a day for
myself?

Habits

What habits or
rituals are going
to support my
body, mind and
soul?

