

Kidest OM

www.infinite-life.com

7 SELF-CARE JOURNAL PROMPTS

Daily or weekly setting time aside to check in on yourself is a great way to create internal congruence and harmony. When you give yourself time and space to self-reflect, to look in on yourself, the space you create around your physical, emotional, mental, and spiritual experiences will help you keep an optimal energy flow throughout your systems.

Use the following checklist to assess how you are doing on all levels and bring in some self-nurturing attention to yourself and your experiences.

Check-in Questions	
How am I doing physically?	
How am I doing emotionally? (and relationally)	
How am I doing mentally?	
How am I doing spiritually?	
What am I most proud of today/this week?	
What challenge(s) am I working to resolve right now?	
What do I need right now? <i>More information? More support? More "me" time? More connection?</i>	

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Kidest OM is a personal development, manifestation, and consciousness expansion author and teacher with indispensable books and online courses designed to help you attract and manifest what you want.

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