

Reflective Journal Prompts

- 01 What makes you unique?
- 02 Name someone that means a lot to you & why?
- 03 Write a letter to your younger self.
- 04 What is something you can do to focus more on your health and well-being?
- 05 What makes you feel at peace?
- 06 List 10 things that make you smile.
- 07 What does it mean to live authentically?
- 08 What is your favourite animal, and why?
- 09 How do you maintain your physical/mental health? What can you do to improve the methods of recovery?
- 10 List the things that you want to achieve this week.

How To Write A Reflective Journal On Theory Example

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