

Zenit SEEC Wellness Workshop, Week 1 Journal Prompts

Monday 3/23

What are my feelings?	What's driving my feelings?

What are my needs today?

Zenit SEEC Wellness Workshop, Week 1 Journal Prompts

Tuesday 3/24

What gave me energy?	What drained my energy?

What are my needs today?

Zenit SEEC Wellness Workshop, Week 1 Journal Prompts

Wednesday 3/25

What's something that's been causing me tension?	I felt at peace when...

What are my needs today?

Zenit SEEC Wellness Workshop, Week 1 Journal Prompts

Thursday 3/26

What are my feelings?	What's driving my feelings?

What are my needs today?

Zenit SEEC Wellness Workshop, Week 1 Journal Prompts

Friday 3/27

What gave me energy?	What drained my energy?

What are my needs today?

Zenit SEEC Wellness Workshop, Week 1 Journal Prompts

End of the week

What am I learning about myself?