ADRENAL RESET

Reflection Prompts



Use these prompts to slow down, reconnect to your body, and gently shift out of go-mode.

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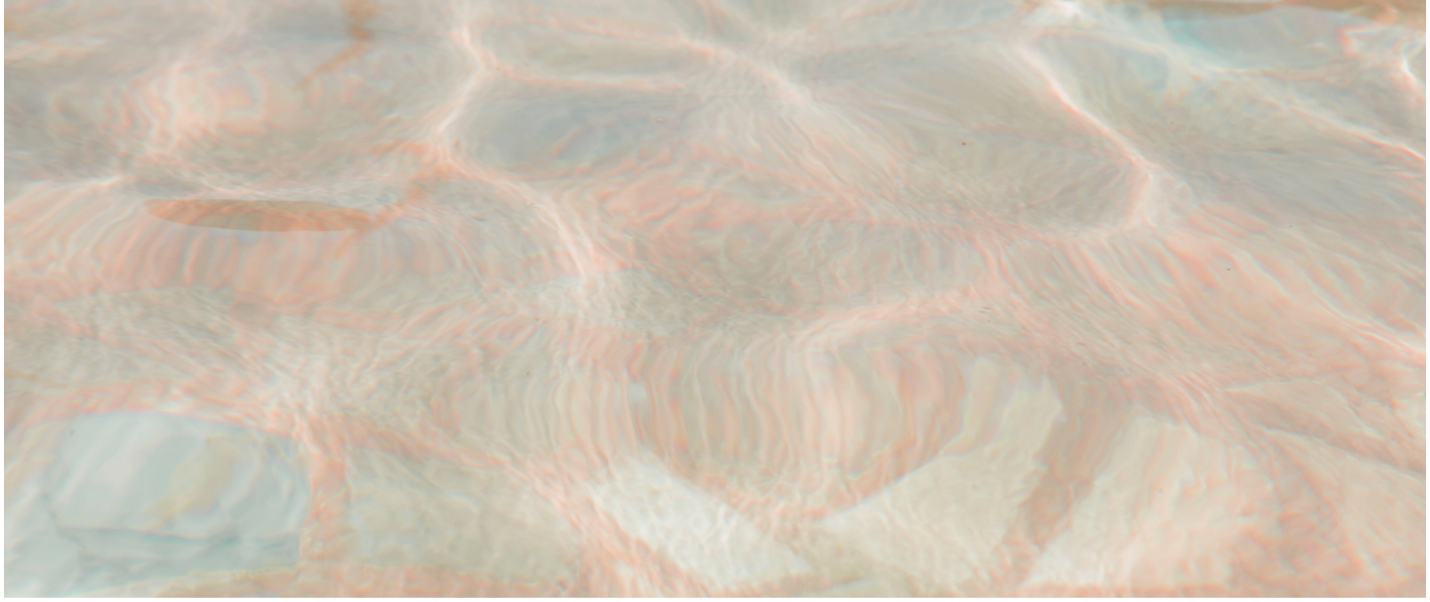

Welcome

Journaling doesn't have to mean pen and paper.

You can reflect in silence, whisper to yourself in the car, record a voice memo on a walk, or pause midday to breathe into a question. There's no "right way" to connect inward — just a willingness to pause and listen.

Use these prompts to slow down, reconnect to your body, and gently shift out of go-mode. Choose one daily, or flip to a random one whenever your brain feels busy.

How to Use This Library:

- Pick one prompt each day (or as needed) - pick a random number 1-12 and use that prompt for the day, or stick with your favorite ones
- Reflect silently, speak aloud, or record a quick voice memo
- You don't need to answer it perfectly. Just respond honestly.
- You can also try pairing a prompt with your morning or evening ritual

1

"What is one thing I am grateful for in my body?"

2

"If my body could talk, what would it say to me right now?"



3

"When did you last feel really grounded or present? Focus on the sensation from that moment."



4

"What does my body need right now to feel safe, supported, or soothed?"

5

"What is one thing I'm tired of carrying, and what would it feel like to set it down?"

6

"Where am I holding tension right now, and can I soften it?"

7

"What am I feeling physically, emotionally, energetically in this moment?"

8

"What's something I'm proud of that I haven't given myself credit for yet?"

9

"What is one thing I am grateful for in my body?"

10

"Where can I invite in more softness, even for a few breaths?"

11

"What's one boundary I can reinforce today to protect my energy?"

12

"How do I want to feel at the end of today — and what would support that?"