



Journal Prompts about Kindness

Here are real-world journal prompts designed to help you examine, strengthen, and balance each leg of your Self-Care Tripod.

Leg 1: Inward Kindness (Self-Care)

- **The The Friend Test:** Think about a mistake you made this week. Write down exactly what you told yourself about it. Now, rewrite that response as if you were talking to a loved one who made the same mistake.
- **The Energy Audit:** How does your body physically feel right now? What is one small, immediate action you can take to bring it comfort or relief?
- **Unconditional Worth:** Write down three things you appreciate about yourself that have absolutely nothing to do with your productivity, achievements, or appearance.

Leg 2: Outward Kindness (Other-Care)

- **The Ripple Effect:** Think of someone who looked stressed, tired, or upset recently. What is a specific, low-effort gesture you can make today to brighten their week?
- **Unsung Heroes:** Who is someone in your life (or community) whose efforts go largely unnoticed? How can you show them meaningful appreciation this week?
- **The Connection Gap:** When was the last time you felt truly connected to someone else? What were you doing, and how can you replicate that feeling soon?

Leg 3: Upward Kindness (Boundary-Care)

- **The Resentment Radar:** Where in your life are you currently feeling resentment, frustration, or burnout? What unexpressed boundary or unstated expectation is hiding underneath that feeling?
- **The "No" Inventory:** Look at your calendar for the upcoming week. What is one thing you have agreed to do out of pure obligation? What would happen if you said "no" or renegotiated your involvement?
- **Energy Vampires vs. Radiators:** Identify one relationship or environment that consistently drains your energy, and one that recharges it. What is one rule you can set to protect yourself from the drain?