

APRIL PROMPTS

Health, Wellness, & Self-Care

- Write about a health journey you've experienced.
- How do you practice self-care?
- Describe an activity that energizes you.
- What wellness habit would you like to start?
- How do you nurture your mind, body, and soul?
- Write about a time you prioritized your health.
- Describe a simple pleasure that brings you joy.
- How do you handle stress?
- Write about a memorable outdoor experience.
- What's a healthy habit you're proud of?
- How do you stay positive in hard times?
- Describe your self-care routine.
- Write about the importance of rest.
- How do you stay active?
- Describe a favorite healthy meal or recipe.
- How do you manage life's demands?
- Write about a time you felt at your best.
- Describe how you celebrate small wins.
- What's a health lesson you learned over the years?
- How do you stay motivated?
- Write about your relationship with aging.
- Describe a memory of feeling physically strong.
- How do you care for your mental health?
- Write about a way you show gratitude.
- What's your favorite way to relax?
- Reflect on your personal growth journey.
- Describe a wellness goal for this year.
- How do you practice mindfulness?
- Write about a recent accomplishment.
- Reflect on this month: what nurtured you?