Reflection Prompts

Emotions

Joy, Appreciation, Empowerment, Freedom, Love, Passion, Enthusiasm, Eagerness, Happiness, Positive Expectation, Belief, Optimism, Hopefulness, Contentment, Boredom, Pessimism, Frustration, Irritation, Impatience, Overwhelm, Disappointment, Doubt, Worry, Blame, Discouragement, Anger, Revenge, Hatred, Rage, Jealousy, Insecurity, Guilt, Unworthiness, Fear, Grief, Desperation, Powerlessness, Shame, Others...

Sensations

Stiff, Cool, Sore, Tingly, Heavy, Stable, Grounded, Flexible, Fluid, Blocked, Bloated, Achy, Empty, Full, Energised, Balanced, Radiant, Nauseous, Tingly, Twitchy, Sweaty, Chills, Numb, Prickly, Paralysed, Breathless, Clenched, Foggy, Clear, Fuzzy, Floaty, Frozen, Others.....

Needs

Food/Drink, Movement, Sleep, Physical Comfort, Friendship, Soothing, Play, Acceptance, Safety, Protection, Permission, Guidance, Acknowledgement, Reassurance, Co-regulation, Support, Attention, Praise, Talking time, Alone time, Down time, Time in Nature, Creativity, Spontaneity, Others...

Self-Nurture

Eat, Water, Cup of Tea, Dance, Walk, Move your body, Stretch, Shake, Nap or Sleep, Bath, Sing, Breathe, Meditate, 5 minutes alone time, Listen to music, Read, Write, Journal, Gratitude practice, Creative time, Do something new, Talk to a friend or supportive person, Ask for help, Others...