

Burnout to Brilliance

Day 4 Journal Prompts

One Thing I Will Commit To Doing For Physical Prevention Is...

5 Things I Love About My Body Are...

Make a List Below of Positive Aspects:

3 Boundaries I Can Set Today Are? What Do I need to Say "No" To?

If My Body Could Tell Me One Thing, It Would Say...

3 Things I Commit To Asking For Help With Are...

Make Your Faith a PRIORITY. Check Off Each Box For The Days You Reflect, Meditate or Pray.

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