



*How to Maintain
Balance
in Your Life*

JOURNALING
SISTERS

WITH SHIUAN BUTLER

Your 7 Day ~

10 Minute Journaling Prompts:

Day 1: One New Thing

Did you try a new strategy recently of doing more of something you enjoy or less of something you don't? If you already have, journal on what that was like (easy, hard, anything surprising about it). If you haven't yet, think and write about what is something you will try this week! And.. you know what I'm going to say --- put it in your calendar!

Day 2: Whiskers on Kittens

Journal on the things that bring you happiness, calm, feelings of joy or relaxation. Pick one that you can easily do this week.

Day 3: Schedule it

Schedule it into your calendar: Think about how much time it will take, when would it work well in your schedule or when can you really benefit from it. Maybe it's during your commuting-transition time or the early morning quiet or wind down time before you go to bed.

Day 4: REST

This can be a little self-care, treat yourself to some fiction reading, doing your nails, or a little catch up!



Day 5: Brainstorm

New habits are always more fun with friends! Who would you LOVE to invite to try this out with you? Not just who could benefit from this -- lot of people-- but who would be a great partner with you on this journey? Who would be a great support and you'd have fun with along the way? Brainstorm a few names and your thoughts on who might be good companion.

Day 6: Invite them!

Either send them a note, give them a call, however you prefer. Explain to them what you are trying to do, send them a link to the blog post that resonates for you, and invite them to join you! Maybe you invite 3 friends, and one works out. Remember to set a date to meet up as well --- either in person or virtually --- to kick things off.

Day 7: REST

This is a perfect self-appreciation day! Take yourself to your favorite place and bring your journal or take a walk. Celebrate YOU and the amazing progress you are making everyday to make yourself a priority and set up your life the way you want it. I am so proud of you!

XO,



Shiuan Butler
Creator, Journaling Sisters

