



Journal Prompts To Nurture, Gain Clarity & Find Calm

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Grounding & Returning to the Body

What does my body need more of to feel supported and nourished? (Rest, movement, hydration, stillness, etc.)

How can I cultivate more of this feeling in my daily life?

What is one small, nourishing habit I can take from this wellness session to weave into my daily routine that feels realistic and supportive?

Finding Calm

What practices or moments bring me a deep sense of peace?

How can I integrate more of these into my routine?

If my mind were a quiet lake, what thoughts would be floating on the surface?

What would it feel like to let them drift away? What is the first step in releasing them?

Gaining Clarity

What is one thing I deeply desire for my business and life?

How does it feel to embody this vision?

If I fully trusted myself, what decision or next step would feel most aligned right now?

What is one word or mantra that encapsulates how I want to move forward from this session?