



THE EMOTIONAL
INSTITUTE

Pause, Create, & Rest

**JOURNEY WITHIN:
A 30-DAY GUIDE
TO PAUSE, REST,
AND HAVING
COURAGE TO
BE STILL**

JOURNAL PROMPTS

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JOURNAL PROMPTS

1. Explore the concept of "doing less" in your life. How does it feel to consider the possibility of accomplishing more by prioritizing rest and balance?
2. Write about a fear or resistance you have toward taking a break. What steps can you take to overcome this fear and embrace rest?
3. Reflect on the importance of slowing down and savoring the present moment. Describe a recent experience when you practiced being fully present.
4. How can you create a restful environment in your home or workspace? List three changes you can make to support your well-being.
5. Write about a time when you felt guilty for resting. Explore the origins of this guilt and challenge the belief that rest is unproductive or selfish.
6. Reflect on the role of creativity in your life. How does rest and pause contribute to your creative process? How can you nurture your creativity through intentional breaks?
7. Describe a physical sensation that indicates the need for rest or self-care. How can you become more attuned to these bodily signals?
8. Explore the concept of "resting with intention." How can you infuse your moments of rest with mindfulness and purpose?
9. Reflect on a time when you felt inspired or rejuvenated after a period of rest. What lessons can you learn from that experience?
10. Write about the relationship between rest and resilience. How does intentional rest contribute to your overall well-being and ability to cope with challenges?

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11. Reflect on your current relationship with rest and pause. How do you feel about taking breaks? How can you incorporate more intentional moments of rest into your daily life?
12. What does self-care mean to you? List five self-care practices that you can prioritize during this 30-day journey.
13. Explore your beliefs and thoughts about productivity and busyness. How has society influenced your perspective on rest? How can you redefine your relationship with productivity?
14. Describe a time when you felt the need to rest but resisted it. What were the consequences? How can you approach similar situations differently in the future?
15. What activities or rituals help you feel grounded and present? How can you incorporate more of these into your daily routine?
16. Write about a time when you allowed yourself to rest fully. How did it impact your well-being, creativity, or productivity?
17. Reflect on your current boundaries. Are you setting healthy limits on your time and energy? How can you establish clearer boundaries to protect your rest and self-care?
18. What are your favorite ways to practice mindfulness? How can you incorporate more mindfulness into your daily life?
19. Describe a moment of stillness that brought you peace or clarity. What can you learn from that experience?
20. Write about a time when you ignored your body's signals for rest and experienced burnout. How can you listen to your body more attentively and respond to its needs?

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21. Explore your favorite methods of self-care. How can you deepen your commitment to these practices during this 30-day journey?
22. Reflect on the role of rest in building healthy relationships. How can intentional pauses and breaks enhance your connections with others?
23. Write about a self-care routine or practice that you've been neglecting. What steps can you take to reintegrate it into your life?
24. Explore the concept of "micro-rests" throughout your day. How can you incorporate short moments of pause and stillness into your daily routine?
25. Reflect on the lessons you've learned about rest and pause thus far in your journey. How have your perspectives shifted? What challenges have you encountered?
26. Write a letter to your future self, envisioning a life where rest and self-care are prioritized. What changes do you see? How does it feel to embrace rest courageously?
27. Explore the connection between rest and gratitude. How can cultivating a sense of gratitude contribute to your ability to rest and pause with intention?
28. Reflect on the impact of rest and self-care on your mental and emotional well-being. How can intentional breaks support your overall mental health?
29. Write about a vision you have for a restful and balanced life. How can you take steps toward manifesting this vision?
30. Celebrate your journey within. Reflect on the progress you've made, the insights gained, and the commitment you've developed to embrace rest and pause.



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You deserve rest.
You deserve pause.
You deserve to take
exquisite care of
yourself. ♡

~ Bernadette Pleasant