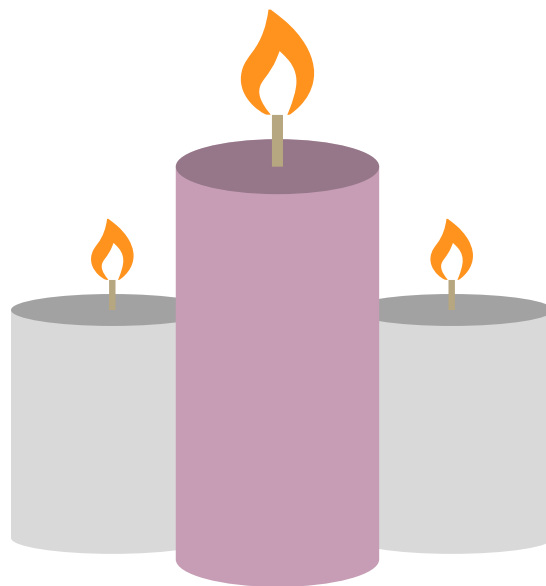




# SPARTAN SELF-CARE CORNER

## SPIRITUAL



## SELF-CARE

Care for your inner self through self-reflection and activities that offer moments of tranquility.



Show yourself some love and compassion by doing one thing today that brings you joy.

## 23 Journal Prompts for Self-Reflection

1. Write a list of 10 things you are grateful for.
2. How have you changed from the person you were 5 years ago?
3. Write a letter to your teenage self.
4. If you could run away where would you go and why?
5. Reflect on the happiest moment of your life. Where were you, what were you doing, and who were you sharing it with? Reflect on every detail.
6. Let your mind run free and write your bucket list!
7. Share one of your inner most secrets, something you've never told anyone.
8. How would you like to be remembered when you're gone? You could even write your obituary.
9. Reflect on one of the greatest life lessons you've ever learned.
10. Make a list of your priorities for the week, month or year.
11. What is your most treasured possession and why?
12. Make a list of the people in your life who genuinely believe in and support you. Explore why their support means so much to you.
13. What makes YOU unique?
14. Choose 3 photos of yourself across your lifetime and write about where you were, what you were doing, what you were like, etc.
15. Who or what means the world to you and why?
16. What can you do or change to focus more on your wellbeing?
17. Write a letter to your body telling it how you feel? This could be a love letter or letter of apology.
18. Write about your day or week so far. Did something good or bad happen? Are you feeling happy or sad? Did you learn or do something new?
19. How does journaling help you?
20. Write the story of your family.
21. If you could change one thing, what would it be and why.
22. What makes you feel happy / peaceful / fulfilled?
23. Write your own list of writing prompts to explore through journaling.

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## Examples of Spiritual Self-Care

### Meditation



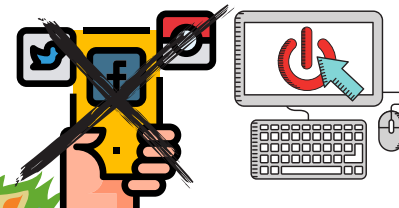
### Journaling



### Connect with Nature



### Unplug from technology

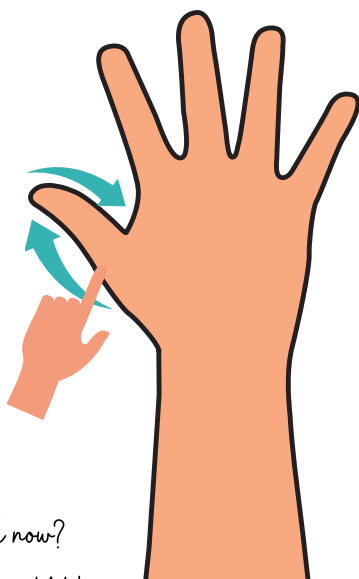


## Take 5 Breathing Exercise

Using the pointer finger on your other hand you will slowly trace each of your fingers up and down.

Inhale through your nose as you go up.

Exhale through your mouth as you go down.



How do you feel now?  
Take another 5 if you'd like.

## Check this out!

### Meditation

**Listen** to a variety of guided meditations.

### Desk Yoga

Click **here** to open a yoga playlist for when you need a quick stretch break throughout your day.

### Mindfulness

This **fact sheet** provides information on mindfulness and its benefits.