

Earth Element Journal Prompts

For worriers
Ruminators
And the chronically overwhelmed





The Journal Prompts The Earth Element

How to use these prompts:
HOWEVER YOU WANT!

But... if you are looking for some guidance, it may feel nourishing to print them out, get a nice beautiful journal you love writing in, and do one a day for the next 30 days. You can set a timer and free-write for as long as you like. I like to give myself either 10 minutes, or 3 pages of my journal... Free write means: write whatever comes into your head. Even if it seems like nonsense, or even if you write "I don't know what to write" for 10 minutes...

There's no wrong way to do this!

Enjoy!

1. When I breathe into the center of my body, I notice:
2. Take a moment to delight in the flesh of your body– the muscles, the sinews, the fascia, the fat... really breathe into it. Take at least 10 big, deep, belly breaths... Now write a love letter to your flesh...
- 3 Rate your ability to take in (digest) the current circumstances of your life on a scale of 1-10
Now write about it– what fruits of my daily labors, it feels:
4. When I get stuck in a cycle of worry, the best thing I can do for myself is:
5. When I am anxious, and I am able to ground myself in my body, it feels:



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6. I feel most aligned with my own integrity when:

7. My biggest unmet need in this moment is:

Some simple changes I can make to meet this need are:

8. I feel emotionally full when:

9. 10 ways I can mother myself today include:

10. I feel abundant when:

11. When I am physically hungry I:

When I am emotionally hungry I:

12. I feel most cozy when:

Ways I can make myself more cozy today are:

13. The center of my home is:

The center of my home feels like:

14. Place your hands on your lower belly and take 5 big, deep belly breaths.

When I place my hands on my belly it feels:

I can offer my belly love and acceptance by:



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15. These are the ways I give more than I receive:

These are the ways I can work on receiving as much as I give:

16. My boundaries are:

These are some ways I can communicate my boundaries more clearly

17. Home, to me, is:

The most at home I've ever felt is:

18. I take care of myself best when:

I take care of others best when:

19. The best ways I know to nourish myself are:

20. When I think about taking up space I feel:

21. When you feel worried, where does it show up in your body? Write about how this feels, using as many descriptive words as possible

22. When others need something from me it feels:

23. The best way I can get off the constant circle of rumination is to:

24. When I need something from someone else, it makes me feel:

25. When I experience the fruits of my daily labors, it feels:



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26. How many different things did you have to take in today or yesterday? How did it feel to take in and process all of them? (include EVERYTHING: communications, chores, traffic, work, etc...) Tomorrow, can you try to take in one thing at a time? Or LESS things at once? How?

27. When I think about all my responsibilities, I feel:
Things I could take off my plate if I absolutely had to:
When I think about taking something off my plate it feels:

28. List 10 things you can do to slow down this week

29. When others offer me sympathy it feels:

30. The hidden (mental, emotional, physical) hungers in my life include:

The Earth Element offers us the gifts of the Harvest... Of nurturing and nourishing. Of giving and receiving... You have given yourself an enormous gift by using these journal prompts to help advance your mental, emotional and physical health... To learn more about how the 5 Elements can inform your daily living, reach out: acupuncture@emmadweck.com

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