

Journal Prompt: Balance in Motion

Well-being is not one thing you achieve and keep. It shifts constantly, and the choices you make each week either support that balance or strain it.

Write about a week in your life where balance felt off, either physically, emotionally, socially, or intellectually. Identify which dimensions of health were affected and one specific choice you could make differently to restore balance ([Outcome](#), [Outcome](#)).

Where to start:

- Which dimension of health (emotional, intellectual, social, spiritual, or physical) felt most out of balance that week, and why?
- What choice or event triggered the imbalance?
- Did stress, peer pressure, or the expectations of others play a role ([Outcome](#))?
- What did you do, if anything, to try to cope or recover?

Stretch:

Draft one concrete action you could add to a personal well-being plan this month, and explain how you would measure whether it actually improves that dimension of your health ([Outcome](#), [Outcome](#)).