



AUTHENTIC ARMOUR  
philosophy + lifestyle

---

JOURNAL PROMPT:  
NEGLECTING MY OWN NEEDS TO PLEASE  
OTHERS

# WELCOME TO THE WORLD OF JOURNALING

It's a powerful tool for self-reflection, exploration, and personal growth. If you're new to journaling, you might be wondering where to start or how to get the most out of this practice. Journaling offers a safe space to express your thoughts, feelings, and experiences, allowing you to gain insights into yourself and your life. Whether you're seeking clarity, healing, or simply a creative outlet, journaling can be a valuable companion on your journey.

Before diving into journaling, it's important to recognize that this practice is deeply personal and can bring up unexpected emotions or memories. While journaling can be therapeutic, it's not a substitute for professional help or therapy if you're dealing with significant emotional distress or mental health issues. If at any point you find yourself feeling overwhelmed or in need of additional support, don't hesitate to reach out to a trusted friend, family member, or mental health professional. Remember to practise self-care and listen to your intuition as you explore the world of journaling.



# HOW TO USE JOURNAL PROMPTS:

**SET THE MOOD:** Create a peaceful and comfortable environment for journaling. Light a candle, play calming music, or find a cozy spot where you feel relaxed and focused.

**CHOOSE YOUR PROMPTS:** Select journal prompts that align with your interests, goals, or areas of focus. You can find prompts online, in books, or create your own based on what you want to explore.

**SET ASIDE TIME:** Schedule regular time for journaling in your day or week. Whether it's in the morning, during your lunch break, or before bed, consistency is key to building a journaling habit.

**REFLECT AND WRITE:** Read the journal prompt carefully and take a moment to reflect on it. Then, start writing freely, without worrying about grammar or punctuation. Let your thoughts flow and explore the prompt in whatever way feels natural to you.

**DIG DEEPER:** Use the journal prompt as a starting point for deeper reflection. Ask yourself follow-up questions or explore related themes that arise during your writing.

**REVIEW AND REFLECT:** After journaling, take some time to review what you've written and reflect on your insights. Notice any patterns or themes that emerge and consider how they relate to your life or goals.



## JOURNAL PROMPT:

### NEGLECTING MY OWN NEEDS TO PLEASE OTHERS

:

How often do I prioritize the needs and desires of others over my own?

What are the underlying reasons or beliefs that lead me to neglect my own needs?

Reflect on a recent situation where I sacrificed my needs for someone else's. How did it make me feel?

What fears or anxieties arise when I consider putting my needs first?

Identify three specific areas of my life where I consistently neglect my own needs. Why do these areas pose particular challenges?

How does neglecting my own needs impact my overall well-being, happiness, and sense of fulfillment?



Describe a time when I set boundaries or prioritized my own needs. How did it positively affect my life and relationships?

What steps can I take to cultivate greater self-care and prioritize my own needs without feeling guilty?

Reflect on any childhood experiences or past relationships that may have influenced my tendency to neglect myself in favour of others.

Imagine how my life would look and feel if I consistently honored and prioritized my own needs. What changes would I need to make, and what support might I need to achieve this?

These prompts can help you explore your feelings, beliefs, and behaviors around neglecting your own needs and empower you to make positive changes toward self-care and self-compassion.

