



# SWC Journaling Prompts



Use these questions as a way to pause and reflect on your past journey, present focus, and future intentions. Integrate these into a journaling practice or simply pause to consider your responses.

## Brave Connections

Connecting bravely with ourselves and others can help us create a culture that encourages authenticity and builds a sense of true belonging for everyone. These questions ask us to explore what it means to step into emotional uncertainty and let ourselves be seen.

1

When have you felt the strongest sense that ‘you belong’? What were the qualities of that time, space and of the people around you that contributed to that sense of belonging?

2

What does it feel like when you are living into your values? What does it look like?

3

What are some ways I have stepped outside my comfort zone this term? What do I notice about my emotions or my physical state of being when I am being “stretched”?



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## Brave Connections

**4** What comes up for you when you're invited to think and/or talk about race and racism?

**5** What are areas of your life where you feel inspired or called to cultivate brave spaces?

**6** How do I know when I am being an active listener? What common values might be shared in this conversation, even when our beliefs and experiences differ?

**7** How can granting yourself the permission to be more vulnerable unlock new avenues of creativity, connection, and purpose in your life? How does that look in practice?

**8** What standards of perfection do I hold myself to? What are some steps I can take to practice a more understanding and loving inner dialogue?



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## Inspiring Intention

Intention is often more about the broader, underlying purpose or direction you want to set for yourself. It is a guiding force, based on the way you want to live, that influences your actions and decisions. When you set clear and positive intentions, you are setting the “compass of the heart” to guide you toward your highest aspirations and living a life more aligned with who you want to be. These reflection questions explore what it means to Inspire Intention in ourselves and in others as well.

- 1 What are my greatest hopes and aspirations for myself? (...and how can I encourage others to ask the same of themselves?)
- 2 What is one non-appearance thing about your body that you appreciate? What does this thing provide you with?
- 3 How can I align my screen time with meaningful purposes, ensuring that my usage is enriching and serves my hopes and dreams?
- 4 Reflect on your current bedtime routine. Which cues do you notice in your body and mind that signal it’s time to wind down? Are there any adjustments you can make to ensure sufficient rest?
- 5 How does leaning into discomfort support my academic growth? Think of an example of a time when you reframed a challenge and transformed it into a positive force for learning.
- 6 Consider a time in your life when you felt a sense of deviation from your values or life path. What signs or feelings indicated you might have veered off course? What steps did you take to regain a sense of direction again?



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## Everyday Action

Small actions, taken consistently, can lead to powerful and sustainable change. Use these prompts to identify how we can continue to grow, make a substantial difference, and even change our own culture by recognizing that the everyday, seemingly unremarkable actions we take matter.

- 1 What are small consistent actions that contribute to your wellbeing?
- 2 How can you use your power to inspire others to act in a positive way?
- 3 How does sustaining your own wellbeing empower you to take action in support of others?
- 4 What is an unexpected failure you have learned from?
- 5 What is something you are working on now that can be broken down into smaller, manageable steps?