

Finding Balance: Journal Prompts Inspired by Yoga Philosophy



Use these prompts to explore your relationship with balance

1. Where in my life do I feel most balanced right now? What supports that balance?

2. Where do I notice imbalance? Where there is too much effort or too much ease?

3. How do I respond when I 'fall out of balance'? What is an example of falling out of balance from my life?

4. What does 'steadiness' (sthira) look like for me today? What does 'ease' (sukha) look like for me today?

5. How can I bring both steadiness and ease into one area of my life that feels challenging?

6. Where am I holding on too tightly? Where might I allow myself to let go?

7. What practices, values, or relationships do I want to hold on to because they ground me?

8. What thoughts, habits, or expectations might I release because they no longer serve me?