

WELL SOUL MUDRIKA

30 Powerful Mid-Year Reset Journal Prompts

*A gentle guide to reflect, reset, and refocus for the second half of
the year*



A FREE JOURNALING COMPANION

Hi, I'm Mudrika

This guide is for anyone who feels like the year has been moving faster than they could keep up with. If that's you, take this as your permission slip to slow down, breathe, and check in with yourself before moving ahead into the rest of the year.

I write about holistic well-being on Well Soul Mudrika, not just physical health, but the mind and soul too, in a way that feels simple and doable for real life. I believe wellness should feel warm, not overwhelming, and I hope this little guide feels the same way to you.

These prompts are meant to be an honest, unhurried check-in with yourself. No pressure, no perfectionism, just you and your journal working through the last six months and gently pointing yourself toward the next.

Wishing you a soft, intentional second half of the year.

You can reach out to me for any suggestions, queries, work, or discussions at mudrikathapar.official@gmail.com

BEFORE YOU BEGIN

How to Use This Guide

- 01 Find a quiet moment.** Fifteen to twenty minutes with your journal, a warm drink, and no phone nearby is all you need.
- 02 Don't answer every prompt.** Pick whichever ones speak to you today. You can always come back to the rest another time.
- 03 Be honest, not perfect.** This isn't about impressive answers. It's about writing what's actually true for you right now.
- 04 Use the lines provided.** Each prompt has space right below it, so you can write directly in this guide if you'd like.
- 05 Come back to it.** Revisit your answers in a month or two and notice how much has shifted.

01 What are three things I'm proud of from the last six months, no matter how small?

02 What did I think I wanted in January that I don't want anymore?

03 What's one habit that's been quietly helping me, and one that's been quietly hurting me?

04 If I described the last six months in one word, what would it be and why?

05 What moment from this year do I want to remember forever?

06 Where have I been playing it safe when I actually wanted to take a risk?

- 07** What's something I forgave myself for this year?

- 08** Who has shown up for me the most, and have I thanked them?

- 09** What's draining my energy right now that I have the power to change?

- 10** What's one thing I keep avoiding, and what am I actually afraid of?

- 11** If the rest of this year went perfectly, what would that look like?

- 12** What does my body need more of right now? Rest, movement, nourishment?

- 13** What's a compliment I received this year that I still think about?

- 14** What boundary do I need to set for the second half of the year?

- 15** What's something I used to care about that doesn't matter to me anymore?

- 16** When did I feel most like myself this year?

- 17** What's one relationship I want to nurture more in the coming months?

- 18** What financial habit would make my life easier if I started it now?

19 What's a fear I faced this year, even in a small way?

20 What do I need to let go of before I can move forward?

21 What's something new I want to try before the year ends?

22 How have I grown since January, even in ways no one else notices?

23 What's one thing I'm tolerating that I don't have to tolerate anymore?

24 What would my future self thank me for starting today?

25 What does rest actually look like for me right now?

26 What's a goal I abandoned that deserves a second chance?

27 Who do I want to become in the next six months?

28 What's one small joy I want to make more room for?

29 What am I grateful for today, right this second?

30 If I could send one message to myself in January, what would it say?

*Here's to a second half that feels a
little lighter, and a lot more like you.*

If this guide helped, I'd love for you to explore more gentle, doable
self-care ideas over on the blog. You're always welcome here.

wellsoulmudrika.com

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