

Hormone Balance Journal Prompts for 2026

Daily Check-In Prompts:

- How do I feel physically today?
- How do I feel emotionally today?
- Did I nourish my body with supportive foods?
- Did I move my body in a way that felt good?
- Did I take time to rest or reset?
- What was one moment of joy or peace today?

Weekly Reflection Prompts:

- What patterns am I noticing in my energy or emotions?
- Did I experience any cycle-related changes this week?
- What foods, habits, or rituals felt most supportive?
- What felt challenging, and how did I respond?
- What do I want to carry forward into next week?

Cycle Awareness Prompts:

- Where am I in my cycle today?
- What does my body need at this phase?
- What emotions are present?
- How can I honor this phase with food, rest, or movement?

Nourishment Tracker Table:

Day	Meals & Snacks	Movement	Sleep	Stress Level	Notes

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Monthly Intention Setting:

- What is my intention for this month?
- What does balance look like for me right now?
- What am I releasing?
- What am I inviting in?

Affirmations:

- My body is wise and responsive.
- I nourish myself with love and intention.
- Balance is a journey, not a destination.
- I am allowed to rest, reset, and realign.