

# June journaling

Who are three people you are grateful for in this moment?

What are you most worried about right now?

Write about a time in your life that you felt successful.

What is your greatest strength? How do you use it?

Name a place you would like to visit. Why this place of all places?

What is the best advice you have received?

What are three ordinary things that bring you joy?

Reverse bucket list: name 5 exciting things you have done

If you knew you could not fail, what would you do?

What parts of life have surprised you the most?

My life would be incomplete without...

Describe a moment in your life that you will never forget.

What is something new you want to try?

How do you define self-care?

Write down five affirmations.

Right now, I feel...

The most fun I ever had was...

This is how I describe myself...

Finish this sentence: I would like to...



DON'T FORGET

**Define  
Community**

SUBMIT YOUR THOUGHTS  
SEE THEM IN A POEM

SCROLL DOWN FOR INSTRUCTIONS

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## Instructions:

This month, the UAB Medicine Office of Wellness and Arts in  
Medicine are partnering for Experiencing Wellness Together!

Salaam Green, an artist-in-residence and listening poet, will  
incorporate submitted thoughts into a poem about community.

To participate, submit your responses to the prompt(s) below  
using this [link](#).

## Prompt:

In what ways have you experienced community with others in  
the past?

What are your hopes for experiencing community together going  
forward?

How important is community to your wellness and/ or to our  
overall wellness?

What does the UAB / UAB Medicine community mean to you?

experiencing *wellness* together