

# The No Longer Last Journey™

## Weekly Check-In Journal Prompts

### Prompt #1

## Check In with Yourself

How are you doing mentally, emotionally, and physically?

Need support with this prompt? Listen to this podcast episode on [Apple](#) or [Spotify](#).

### Prompt #2

## Identify Your Self-Care

What self-care do you need this week/month to support yourself?

Use the 4B Self-Care Framework©:

- Basic Self-Care
- Boring Self-Care
- Brilliant Self-Care
- Bougie Self-Care

New to the 4B Self-Care Framework? [Use this Guide](#)

### Prompt #3

## Identify Your Boundaries

What boundaries do you need to free up time and energy for your self-care?

Use the 3B Boundary-Setting Framework:

- Decrease
- Delete
- Delegate

New to the 3B Boundary-Setting Framework? Listen to this podcast episode on [Apple](#) or [Spotify](#).