

RE-CENTER ON A BIG, BEAUTIFUL LIFE

5 Journal Prompts

You deserve to live a big, beautiful life. Consider this your permission slip to release old limiting beliefs that beauty is frivolous or shallow. On the contrary, we are here to enjoy our time on this planet, to appreciate our surroundings, nature, movement, friendship, leisure and ourselves. Bellamy Sport & Leisure was created around this philosophy: a beautiful life is not something to feel guilty for wanting, but something worth intentionally building. It is okay to want more, to be ambitious, to value living big.

1. What does my ideal everyday life actually look and feel like?

Instead of focusing only on milestones or achievements, think about the ordinary moments that make up your life. How do your mornings begin? How do you spend your afternoons? What kind of spaces, people, routines and energy surround you?

2. What parts of my life currently feel beautiful? Which parts don't?

Notice what already feels aligned, nourishing, peaceful or meaningful. Then gently reflect on the areas that feel draining, rushed, disconnected or out of alignment with the life you want to create.

3. Where have I been settling for survival instead of enjoyment?

In what areas have you become so focused on getting through life that you've stopped allowing yourself to truly enjoy it? What would change if you gave yourself permission to prioritize joy, softness, beauty or ease again?

4. What would it look like to romanticize this season of my life?

Even imperfect seasons contain beauty. How could you slow down and appreciate this chapter more intentionally? What small rituals, habits or changes would make your everyday life feel more meaningful and memorable?

5. What kind of person am I becoming through my current routines?

Our habits quietly shape our lives. Consider the routines, environments, media, conversations and behaviors that currently fill your days. Are they helping you become the person you want to be?