



Journaling PROMPTS

Journaling is a fantastic way to explore your experiences and helps you to rid anxieties and negative thoughts. These journal prompts are topics you can explore every day in just a couple of minutes, and help you discover a greater sense of self.

Gratitude

- What are three great things that happened yesterday?
- What are 30 things that bring you joy?
- What are some of your favorite ways to show the people in your life that you love them?
- What is one totally-free thing that's transformed your life?
- What things in your life would describe as "priceless"?

Reflection

- Name three emotions you are feeling at the moment. What are the emotions you want to feel today?
- What is the one thing you would tell your teenage self if you could?
- What is your body craving at the moment?
- What are 10 questions you wish you had the answers to?
- What do you know to be true today that you didn't know a year ago?

Goals

- If you could master one skill, what would it be?
- If you only had one year left of life, what would you do?
- When you were younger, what did you want to be when you grew up and why?
- If failure wasn't possible, what would you be doing right now?
- If you only had one year left of life, what would you do?

Values

- Who is someone you admire? What qualities do you love about them?
- Who is someone you envy and why?
- What distracts you from what's truly important each day?
- What role does love play in your life?
- When you picture yourself 10 years from now, what do you want to have achieved and experienced?

