

Journal Prompts

WHAT ARE THREE THINGS YOU'RE GRATEFUL FOR TODAY, AND WHY?

REFLECT ON A RECENT ACCOMPLISHMENT, BIG OR SMALL, AND HOW IT HAS IMPACTED YOU.

DESCRIBE A MOMENT FROM YOUR PAST THAT STILL INFLUENCES YOU TODAY.

DESCRIBE A TIME WHEN YOU FELT PROUD OF YOURSELF AND WHAT LED TO THAT FEELING.

DESCRIBE YOUR IDEAL DAY FROM START TO FINISH.

WRITE ABOUT A CHILDHOOD MEMORY THAT STILL BRINGS YOU JOY OR COMFORT.

WRITE A LETTER TO YOUR FUTURE SELF, DETAILING YOUR HOPES AND ASPIRATIONS.

WHAT ARE THREE THINGS YOU CAN DO TO PRACTICE SELF-CARE TODAY?

LIST FIVE THINGS THAT BRING YOU JOY AND EXPLAIN WHY THEY'RE IMPORTANT TO YOU.

DESCRIBE A RECENT EXPERIENCE IN NATURE AND HOW IT MADE YOU FEEL.

DESCRIBE A PLACE YOU'VE ALWAYS WANTED TO VISIT AND WHY IT INTRIGUES YOU.

WRITE A LIST OF AFFIRMATIONS THAT RESONATE WITH YOU.

WRITE ABOUT A BOOK, MOVIE, OR PIECE OF ART THAT DEEPLY RESONATED WITH YOU AND WHY.

WHAT ARE YOUR TOP PRIORITIES FOR THE WEEK AHEAD, AND HOW DO YOU PLAN TO ACCOMPLISH THEM?

WHAT ARE THREE QUALITIES YOU ADMIRE IN OTHERS, AND HOW DO YOU CULTIVATE THEM IN YOURSELF?

DESCRIBE A MENTOR OR ROLE MODEL WHO HAS HAD A SIGNIFICANT IMPACT ON YOUR LIFE AND WHY.