

JOURNAL PROMPTS

Daily journaling time provides you with the time and space to not only explore your feelings, but also to help you plan your next steps.

WHY IS JOURNALING BENEFICIAL?

- Journaling helps you understand what's going through your mind.
- Daily journaling can help you start (or end) your day with clarity and calm. It can help release emotions and stress.
- Journaling helps you record the memories and thoughts of your life.
- Contemplation and journaling can help with self-identity and building self-confidence.

WAYS TO INCORPORATE THIS LIST

- Commit to journaling a specific number of days a week, whether first thing in the morning, over lunch or in the evening. Make it a commitment.
 - Spend a few minutes doing a "mental download" before you begin. This will help you warm up.
 - You can choose to either select a prompt daily from the list - or cut the squares apart and place them in a mason jar. Simply select a prompt a day.
 - Don't judge yourself or your writing. Don't worry about spelling or grammar. This is for YOU; it doesn't need to be shared.
 - Consider using a notebook for your daily journaling practice. This way you can look back on your entries and watch for growth. While you're not necessarily creating a keepsake, it does provide a therapeutic space to reveal and explore your thoughts and feelings.
-



75 JOURNAL PROMPTS

1. If someone described you, what would they say?
2. What emotions are you holding onto?
3. List out ALL of the things on your mind right now.
4. What's the one thing you'd like to change about yourself? Why?
5. What are some of the nicest compliments you've ever received?
6. Do you believe in the idea of a Life Purpose? Why or why not?
7. What is one of your best memories from childhood?
8. Discuss your top 3 accomplishments in your life are you most proud of?
9. What are some things in your life that you sometimes take for granted?
10. What's something that's missing from you life?
11. Where are some places you'd like to visit in your lifetime?
12. Write a letter from your 10-year-old self. What were your dreams?
13. What is happiness for you?
14. Recall the kindest thing you've ever done for someone?
15. Name a new habit you'd like to incorporate into your life and why?
16. List out and discuss some simple things that make you happy?
17. Write about what causes you anxiety or stress in your life?
18. Contemplate some adventures you'd like to have in your life?
19. What does family mean to you? Do you believe in the concept of friends being your "chosen family"?
20. Do you take enough risks in your life?
21. If you found out the world was ending in 1 week, what would you do?
22. What is your biggest insecurity? Where does it stem from?
23. Who was your first crush?
24. Do you feel comfortable in your own skin?
25. Make a gratitude list of things in your life that you're thankful for. Make the list as long as you can.

75 JOURNAL PROMPTS

26. What's a skill or talent you wish you possessed?
27. Name a few articles of clothing that are your very favorite. Describe why you're so attached to them.
28. What are your pet peeves?
29. Who is someone that you appreciate. Write them a letter and tell them. Be specific.
30. Is there a relationship from your past that you wished ended differently? Describe how it ended and then an alternate ending that you would have preferred.
31. If you could pick anywhere to live (other than your city), describe it.
32. What do you wish you could tell someone about how you feel. Describe it in detail.
33. What are some ways you could spend quality time with family or friends.
34. If you had unlimited money, how differently would you live? Be specific.
35. What are some ways you judge yourself too harshly? Can you think of a way to change this - whether it's changing a behavior or looking differently at the situation?
36. Think of someone who's a mentor to you. (You may or may not know them personally). Write them a letter and tell them why you look up to them. (Sending it is optional)
37. Describe your ideal day, from the moment you wake up to the moment you fall asleep.
38. Do you consider yourself an extrovert or an introvert? Why?
39. What's one of your earliest memories from childhood?
40. What is something you wish you knew years ago?

75 JOURNAL PROMPTS

41. What can you do to improve your life in the next month? Can you commit to taking a step in that direction? Why or why not?
42. Write a letter to someone you've lost who meant a lot to you.
43. What do you value most in a friend? Do you possess these qualities?
44. Think back to a mistake you've made in the past. How did you grow from it?
45. Write about something that scares you?
46. Write about something that inspires you.
47. Take a moment to do a mental scan of your body. How do you feel? Start at the top of your head and work your way down.
48. What are your core values? Are you living in accordance with them right now? How can you shift to live ore in tune with them?
9. How do you handle differences of opinion?
50. If there was a movie about your life, who would play you as a child, young adult, and today? What would be the title of the movie?
51. What's the most beautiful place you've ever visited? Describe it in detail.
52. What is currently going well in your life?
53. What is your favorite book? Why?
54. What are your top 5 favorite movies of all time?
55. What is your greatest hope for your future? What are your greatest fears?
56. Write the story of each of your children's birth....or your own earliest memory.
57. You've just been granted 3 wishes, what would you wish for?
58. If you won \$10 million in the lottery, what would you do with the money?
59. Write your favorite tv shows from each decade of your life.

75 JOURNAL PROMPTS

- 60. How do you feel about the concept of a "soul mate?"
- 61. Dear Future me...
- 62. Dear Past me...
- 63. How do you usually spend your time when you're procrastinating?
- 64. Describe your best physical traits and best character qualities.
- 65. List 7 hobbies you'd like to pursue someday.
- 66. Describe your favorite meal and dessert. Is there a memory attached to either?
- 67. Create a list of all the people who have helped you in your life.
- 68. Describe something you never told your parents.
- 69. Describe a moment when you were totally surprised.
- 70. Describe the most terrifying moment of your life.
- 71. Create a list of people you wish you stayed in better touch with.
- 72. What's something you'd like to change about yourself?
- 73. Make a list (or letter), thanking yourself for all the things you've accomplished in your life (these can be little things or big).
- 74. What are the things in your home that are the most "you"?
- 75. If failing wasn't a possibility, what would you do?

If someone described you, what would they say?

What emotions are you holding on to?

List out ALL of the things on your mind right now.

What's the one thing you'd like to change about yourself? Why?

What are some of the nicest compliments you've ever received?

Do you believe in the idea of a Life Purpose? Why or why not?

What is one of your best memories from childhood?

Discuss your top 3 accomplishments in your life are you most proud of?

What are some things in your life that you sometimes take for granted?

What's something that's missing from your life?

Where are some places you'd like to visit in your lifetime?

Write a letter from your 10- year-old self. What were your dreams?

What is happiness for you?

Recall the kindest thing you've ever done for someone?

Name a new habit you'd like to incorporate into your life and why?

List out and discuss some simple things that make you happy?



Write about what causes you anxiety or stress in your life?

Contemplate some adventures you'd like to have in your life?

What does family mean to you? Do you believe in the concept of friends being "chosen family"?

Do you take enough risks in your life?

If you found out the world was ending in 1 week, what would you do?

What is your biggest insecurity? Where does it stem from?

Who was your first crush?

Do you feel comfortable in your own skin? Elaborate.

Make a gratitude list of things in your life you're thankful for. Make the list as long as you can.

What's a skill or talent you wish you possessed?

Name a few articles of clothing that are your very favorite. Describe why you're so attached to them.

What are your pet peeves?

Who is someone that you appreciate? Write them a letter and tell them. Be specific. (Sending the letter is optional)

Is there a relationship from your past that you wished ended differently? Describe how it ended and then an alternate ending that you would have preferred.

If you could pick anywhere else to live, describe it.

What do you wish you could tell someone about how you feel. Describe it in detail.



What are some ways you could spend quality time with family or friends.

If you had unlimited money, how differently would you live? Be specific.

What are some ways you judge yourself too harshly? Can you think of a way to change this - whether it's changing a behavior or looking differently at the situation?

Think of someone who's a mentor to you. (You may not know them personally). Write to them and tell them why you look up to them. (Sending it is optional)

Describe your ideal day, from the moment you wake up to the moment you fall asleep.

Do you consider yourself an extrovert or an introvert. Why?

What's one of your earliest memories from childhood?

What's something you wish you knew years ago?

What can you do to improve your life in the next month? Can you commit to taking a step in that direction? Why or why not?

Write a letter to someone you've lost who meant a lot to you.

What do you value most in a friend? Do you possess these qualities?

Think back to a mistake you've made in the past. How did you grow from it?

Write about something that scares you.

Write about something that inspires you.

Take a moment to do a mental scan of your body. How do you feel? Start at the top of your head and work your way down.

What are your core values? Are you living in accordance with them? How can you shift to live more in tune with them?



How do you
handle
differences of
opinion?

If there was a movie
about your life, who
would play you as a
child, young adult,
and today? What
would be the title of
the movie?

What's the
most beautiful
place you've
ever visited?
Describe it in
detail.

What is
currently going
well in your
life?

What is your
favorite book?
Why?

What are your
top 5 favorite
movies of all
time?

What is your
greatest hope for
your future?
What are your
greatest fears?

Write the story
of each of your
children's
birth...or your
own earliest
memory.

You've just
been granted 3
wishes. What
do you pick?

If you won \$10
million in the
lottery, what
would you do
with the
money?

Write your
favorite tv
show from
each decade
of your life.

How do you
feel about the
concept of a
"soul mate".

Dear Future
me...

Dear Past me...

How do you
usually spend
your time when
you're
procrastinating?

Describe your
best physical
traits and best
character
qualities.



List 7 hobbies
you'd like to
pursue
someday.

Describe your
favorite meal
and dessert. Is
there a
memory
attached to
either?

Create a list of
all the people
who have
helped you in
your life.

Describe
something you
never told your
parents.

Describe a
moment when
you were
totally
surprised.

Describe the
most terrifying
moment of
your life.

Create a list of
people you
wish you
stayed in better
touch with.

What's
something
you'd like to
change about
yourself?

Make a list (or
letter), thanking
yourself for all the
things you've
accomplished in
your life (these
can be little things
or big).

What are the
things in your
home that are
the most "you"?

If failing
wasn't a
possibility,
what would
you do?

