

JOURNAL PROMPTS

LISTS

1. Things that inspire you.
2. Things that you are grateful for this week
3. Daily gratitude.
4. Priorities for: life, year, month, week, today
5. Favourite books/movies/artists/songs
6. All the movies/shows you've watched
7. Happiest memories
8. Favourite people and why
9. Places to visit
10. Things to do less often
11. Things to do more often
12. The best meals you've cooked
13. Five odd things you like
14. Victories and struggles of the past week
15. List all the possible goals you have for the future, no matter how crazy. There's no pressure to do anything to actually achieve them.
16. Bucket list
17. Positive affirmations about your body.
18. Positive affirmations about life.
19. Happiest memories. Then refer back to these to write about later.
20. Good deed ideas

LETTERS

21. Letter to yourself
22. Letter to those important to me
23. Letter to someone who you need to forgive
24. Letter to past self
25. Letter to future self
26. Time capsule entry - seal it in an envelope to open in a year or two.

PAST

27. Share a childhood memory.
28. What is your earliest memory?
29. What were your favourite activities as a child?

30. Share a dream you've had
31. Is there anything you regret?
32. How have you changed in the past year?
33. Where were you one year ago?
34. Where were you five years ago?
35. Write about a book that shaped you.
36. What are you proud of?
37. What was the last thing you celebrated?
38. When did you last feel truly alive?
39. What is a challenge you've overcome?
40. Write about a time where you showed resilience.
41. Recall a challenging time - what skills did you use to overcome it? How can you integrate them into future challenges?
42. What are you proud of?
43. Write your life story.
44. Write about a time when you were motivated.

PRESENT

45. What is causing you stress?
46. How do you feel in this moment?
47. What would make me happy right now?
48. What is going right in my life?
49. What do I need to get off my chest?
50. What are you thankful for?
51. What are you scared of?
52. What are you passionate about?
53. What are your values? How could you live more in line with your values?
54. How do you relax?
55. What are the small things that make you happy?
56. Write about your favourite season.
57. How would you like people to describe you?
58. Who do you admire?
59. Who do you love?
60. What gives you a sense of satisfaction?