

JOURNALING PROMPTS

FOLLOW ALONG, OR CREATE YOUR OWN!

SELF DISCOVERY:

- Write about things you need to forgive yourself for.
- Write a letter of forgiveness to someone.
- If you had five other lives to lead, what would you do in each of them?
- What would you do if you could travel into the past?
- If you could change one thing about the world, what would it be?
- Write about the things that have changed your life.
- What is the most valuable thing you have learned from this life?
- Write down reasons you have faith in yourself.
- What does your happiest version look like to you?
- What do you do when people are negative and don't support you?
- Write a letter to your anxious thoughts.
- How do you know when to let go?

GRATITUDE:

- Describe your happiest memory.
- How is your life more positive today than it was a year ago?
- What makes you happy to be alive?
- List the treasures around you in your life.
- What's an accomplishment you're proud of?
- What's one of your personality traits that you're grateful for?
- What do you love most about life?
- Write about a moment in your life that was pure joy and light.
- What do you love about yourself?

- What makes you unique?
 - Write a thank you letter to yourself.
 - How do you show love to yourself on a daily basis?
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GROWTH:

- What kind of person do you want to be?
 - What are the things that keep you going?
 - How do you find opportunities for growth in the midst of your present struggles?
 - What are the things that you have given up on your road to becoming your best self?
 - Old you vs. new you.
 - What would your younger self be proud of you for today?
 - Write about your can's , should's, and will's.
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MINDFULNESS:

- What's going on inside you at this moment?
 - On a scale of 1-10, how peaceful are you today?
 - How do you stay present in everyday life?
 - How do you feel at the moment?
 - How is your heart today?
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CREATIVITY:

- Who has inspired creativity in you?
 - What are your creative strengths?
 - How has creativity helped you?
 - How does it feel to create something of your own?
 - Write a letter to your inner critic.
 - If you could create something for the rest of your life, what would that be?
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