

JOURNAL PROMPTS

WHAT IS ONE THING THAT MADE YOU SMILE
TODAY?

IN WHAT WAYS DID YOU STEP OUT OF YOUR
COMFORT ZONE RECENTLY?

WHAT ARE THREE QUALITIES YOU
APPRECIATE ABOUT YOURSELF RIGHT NOW?

HOW CAN YOU INCORPORATE MORE SELF-
CARE INTO YOUR DAY TOMORROW?

WHAT IS A GOAL YOU WANT TO ACHIEVE IN
THE NEXT MONTH, AND WHAT'S YOUR FIRST
STEP?

WHICH QUOTE RESONATES WITH YOU TODAY,
AND WHY?

WHAT UPCOMING EVENT OR PLAN ARE YOU
MOST EXCITED ABOUT?

DESCRIBE A RECENT MOMENT WHEN YOU
FELT A STRONG SENSE OF GRATITUDE.

WHAT'S A CHILDHOOD MEMORY THAT STILL
BRINGS YOU JOY OR WARMTH?

JOURNAL PROMPTS

WHAT IS A SMALL, POSITIVE CHANGE YOU CAN MAKE IN YOUR ROUTINE TOMORROW?

HOW HAVE YOUR PRIORITIES SHIFTED IN THE LAST YEAR, AND WHY?

WHAT IS A FEAR OR WORRY YOU CAN LET GO OF TODAY?

IN WHAT WAYS CAN YOU SHOW KINDNESS TO YOURSELF RIGHT NOW?

WHAT'S A BOOK, MOVIE, OR SONG THAT HAS INFLUENCED YOUR PERSPECTIVE RECENTLY?

HOW DO YOU HANDLE STRESS, AND ARE THERE HEALTHIER ALTERNATIVES YOU CAN EXPLORE?

WHAT'S A VALUABLE LESSON YOU LEARNED FROM A RECENT MISTAKE OR SETBACK?

WHAT'S A DREAM OR ASPIRATION YOU'VE BEEN HESITANT TO PURSUE, AND WHY?

REFLECT ON A RECENT CONVERSATION THAT LEFT A POSITIVE IMPACT ON YOU AND WHY IT STOOD OUT.

JOURNAL PROMPTS

WHAT IS ONE THING YOU'RE GRATEFUL FOR
RIGHT NOW, AND WHY?

HOW DID YOU PRACTICE SELF-CARE TODAY,
AND WHAT BENEFITS DID YOU NOTICE?

REFLECT ON A CHALLENGE YOU FACED
TODAY AND IDENTIFY ONE POSITIVE ASPECT
OF IT.

WHAT IS A SMALL GOAL YOU CAN SET FOR
TOMORROW TO ENHANCE YOUR WELL-BEING?

WRITE ABOUT A MOMENT TODAY WHEN YOU
FELT A STRONG SENSE OF ACCOMPLISHMENT.

HOW DID YOU EXPRESS CREATIVITY OR
INDULGE IN A HOBBY TODAY?

DESCRIBE AN INTERACTION THAT BROUGHT
YOU JOY OR CONNECTION WITH SOMEONE
ELSE.

WHAT POSITIVE AFFIRMATIONS CAN YOU
FOCUS ON TO BOOST YOUR CONFIDENCE?

IN WHAT WAYS DID YOU PRIORITIZE YOUR
MENTAL OR EMOTIONAL HEALTH TODAY?

DAILY JOURNAL PROMPTS

- FIVE THINGS THAT BROUGHT YOU JOY TODAY
- THREE ACHIEVEMENTS, BIG OR SMALL
- THE TOP THREE PRIORITIES FOR TOMORROW
- FOUR POSITIVE AFFIRMATIONS TO BOOST YOUR MOOD
- FIVE PEOPLE YOU'RE GRATEFUL FOR
- THREE THINGS YOU LEARNED TODAY
- THE BEST MOMENT OF THE DAY AND WHY
- FOUR WAYS YOU PRACTICED SELF-CARE
- TOP THREE THINGS THAT INSPIRED YOU TODAY
- SIX WORDS THAT DESCRIBE YOUR DAY

DAILY JOURNAL PROMPTS

- **THREE ACHIEVEMENTS AT WORK TODAY**
- **TWO WORK CHALLENGES AND POSSIBLE SOLUTIONS**
- **FIVE THINGS YOU APPRECIATE ABOUT YOUR PARTNER OR LOVED ONES**
- **THREE ENJOYABLE HOBBIES OR ACTIVITIES TODAY**
- **ONE RELATIONSHIP GOAL FOR THE MONTH**
- **FOUR HEALTHY HABITS PRACTICED TODAY**
- **A NEW SKILL YOU WANT TO LEARN FOR YOUR HOBBY**
- **ONE WELLNESS GOAL FOR THE WEEK**
- **THREE HOME ORGANIZATION OR DECOR CHANGES**
- **TWO FINANCIAL WINS OR MONEY SAVING IDEAS**

DAILY JOURNAL PROMPTS

- WHAT'S ONE SKILL YOU WANT TO IMPROVE IN YOUR PROFESSIONAL LIFE?
- HOW DID YOU CONTRIBUTE POSITIVELY TO YOUR TEAM TODAY?
- WHAT'S A SMALL GESTURE OF LOVE OR KINDNESS YOU CAN SHOW YOUR PARTNER?
- HOW CAN YOU ENHANCE COMMUNICATION WITH A LOVED ONE TOMORROW?
- WHAT'S A QUICK AND ENJOYABLE HOBBY YOU CAN INDULGE IN TODAY?
- HOW DID YOU PRIORITIZE RELAXATION OR SELF-CARE FOR YOUR MENTAL HEALTH?
- WHAT'S A SIMPLE ORGANIZATIONAL TASK THAT CAN IMPROVE YOUR LIVING SPACE?
- WHAT'S ONE MINDFUL SPENDING CHOICE YOU MADE TODAY?
- WHAT'S A LOCAL PLACE OR ACTIVITY YOU WANT TO EXPLORE SOON?
- WHAT'S A LIMITING BELIEF YOU CAN CHALLENGE AND OVERCOME?

DAILY JOURNAL PROMPTS

WHO IS SOMEONE YOU'RE THANKFUL TO HAVE IN YOUR LIFE, AND WHY?

HOW DID YOU EXPRESS GRATITUDE TO YOURSELF OR OTHERS?

WHAT'S A SPECIFIC ASPECT OF NATURE THAT YOU'RE THANKFUL FOR?

WHAT'S A RECENT ACCOMPLISHMENT THAT YOU'RE GRATEFUL FOR?

HOW DID GRATITUDE POSITIVELY IMPACT YOUR MOOD OR MINDSET TODAY?

WHAT'S A LESSON YOU'VE LEARNED RECENTLY THAT YOU'RE THANKFUL FOR?

WHO OR WHAT MADE YOUR DAY BETTER, AND HOW CAN YOU ACKNOWLEDGE IT?

DAILY JOURNAL PROMPTS

WHAT IS ONE THING YOU'RE LOOKING FORWARD TO
TODAY?

HOW CAN YOU SET A POSITIVE INTENTION FOR THE
DAY AHEAD?

WHAT'S A SMALL GOAL YOU CAN ACCOMPLISH BY
THE END OF THE DAY?

WHAT POSITIVE AFFIRMATION WILL GUIDE YOU
THROUGH THE MORNING?

WHAT MORNING ROUTINE HABIT CAN BOOST YOUR
ENERGY AND FOCUS?

HOW CAN YOU INCORPORATE GRATITUDE INTO YOUR
MORNING ROUTINE?

WHAT IS ONE THING YOU LOVE ABOUT YOURSELF
TODAY?

DAILY JOURNAL PROMPTS

WHAT WAS THE HIGHLIGHT OF YOUR DAY, AND WHY?

WHAT'S ONE THING YOU LEARNED TODAY THAT
SURPRISED YOU?

REFLECT ON A MOMENT THAT MADE YOU PROUD OR
GRATEFUL.

WHAT'S A SMALL VICTORY YOU ACHIEVED TODAY?

HOW CAN YOU PRACTICE SELF-COMPASSION BEFORE
BEDTIME?

WHAT'S ONE THING YOU'RE LETTING GO OF BEFORE
YOU SLEEP?

WHAT'S A GOAL YOU WANT TO SET FOR
TOMORROW?

DAILY JOURNAL PROMPTS

DESCRIBE ONE DEEP BREATH YOU TOOK TODAY TO
ALLEVIATE STRESS

LIST THREE ACTIVITIES THAT HELP YOU RELAX AND
RECHARGE

WHAT'S A SIMPLE PLEASURE THAT BRINGS YOU
INSTANT CALM?

WRITE DOWN ONE THING YOU CAN LET GO OF TO
REDUCE STRESS

REFLECT ON A POSITIVE ASPECT OF A CHALLENGING
SITUATION

WHAT'S A MANTRA OR PHRASE THAT CALMS YOUR
MIND?

DESCRIBE A PLACE THAT MAKES YOU FEEL
INSTANTLY AT PEACE