

journal prompts

1. Write about a time you achieved something despite being very anxious about it. How did you deal with your anxiety and still make that achievement?
2. List out ten accomplishments in your life that you are most proud of.
3. List the three things you are most grateful to in your life, then explain why you're grateful for them.
4. Describe one person in your life who you're so grateful is there. How do you know them? What is a fun memory of the two of you?
5. Describe the last time you literally couldn't stop laughing. What was so funny? Explain it in great detail and remember the joy you felt at the time.
6. Create a schedule for your dream day. What would it look like? Would anybody be there, if so who? What would you get up to?
7. Who are you when you're not busy?
8. I'm proud of myself for _____
9. Physically I'm feeling _____
10. The nicest compliment I ever received was _____
11. The bravest thing I ever did was _____
12. By the end of the year I hope to _____
13. Something that makes me feel peaceful is _____
14. When was the last time you were shown undeserved kindness? How did it feel?
15. List 5 people who could use a little kindness today. Who are they; what do they need?
16. What does kindness mean to you?
17. If I were able to _____, I would have a lot more space for compassion in my life
18. Doing things for myself makes me feel....
19. Doing things for others makes me feel...
20. Right now I need _____
21. What do you give yourself most freely to? How can you bring that ease and freedom into other areas of your life?
22. How have you surprised yourself in the last week?
23. When I'm in pain—physical or emotional—I can support myself by...
24. Write a list of everything you'd like to say 'no' to.
25. Write a list of everything you'd like to say 'yes' to.
26. List 5 activities that energize you the most. Can you schedule them in for yourself this week?
27. If you were to live today all over again, what would you do differently?
28. List 5 unique gifts and qualities that you possess.
29. Who are you becoming? How can you be more like them today?
30. List out 10 good things in your life right now.