Journal Prompts

* If you could re-do or have a second chance at anything in your life, what would it be and why? What would you do differently?
* Write about what kind of energy your eye contact gives off to others.
* What is something that you rely on every day? How would your life be different without it?
* What are your strongest skills? How did you get good at them? How can you use them more?
* What personality trait are you most proud of?
* What is something nice someone has done for you lately?
* What would you attempt next month if you knew that you couldn’t fail?
* What is your largest recent stumbling block in your life? What strengths and tools helped you to overcome it?
* Do you accept compliments with pride and gratitude or do you deflect and avoid?
* How have you changed from the person you were 5 years ago?
* Write a letter to your body telling it how you feel. This could be a letter of appreciation or an apology.
* What was one of the greatest life lessons that you have learned?
* Write a letter to your teenage self.
* Write the story of your family.
* Choose 3 photos of yourself across your lifetime and write about where you were, what you were doing, and what you were like.
* How does journaling help you?
* If you could change one thing, what would it be and why?
* Make a list of the people in your life who genuinely believe in you and support you. Explore why their support means so much to you.
* Who or what means the world to you and why?
* If you could run away, where would you go and why?
* Write about the happiest moment in your life. Where were you? What were you doing? Who were you sharing that moment with?
* When you are feeling low, how do you cheer yourself up?
* Do you enjoy your current job? Why or why not?
* Do you have any concerns about your finances? Why or why not? If you do have concerns, what are some things that you can do to improve your situation? List 5 things that you could do right now to feel more financially secure.
* What is your biggest fear and why? How can you face that fear and overcome it? Taking small steps will help with overcoming your biggest fear.
* What do you want to be remembered for?
* Are you pushing yourself to your fullest potential?
* Who is your toughest critic? This could be yourself. Why?
* Do you feel loved?
* What area of your life is getting the most attention right now? [work; family; social life; money; fun; school; physical health; mental health] What area is getting the least attention? How can you improve that area and give it a little more attention?
* Write about the word “journey.”
* Write about your favorite cause. How can you share about your cause with other people who you think might also be interested?
* If you could share one message with the world, what message would that be?
* How do you feel at the moment?
* What is bothering you and why?
* What does your ideal morning look like? How can you get your day started off on the right foot?
* Where does your pain originate? How will you heal? What would need to happen?
* Where would you like to travel in the next 5 years?
* Write about something that you achieved, but thought that you couldn’t.
* What are 3 things that you like about your job?
* What are 3 things that you love the most about you spouse or other family member?
* What is your favorite treat?
* What is your favorite part of your evening routine?
* What goal are you thankful for accomplishing?
* Write about your favorite spot to be at in your home.
* What is one thing that you learned about yourself this week?
* A poem on love.
* How can you have peace in the midst of chaos?
* How does gratitude bring you peace?
* Your favorite quote. What does it mean to you?
* Describe kindness. Is it important that people think you are kind?
* What DIY projects are on your to-do list?
* Would you ever live a minimalist lifestyle? Why or why not?
* How important is fame?
* What skills do you have that others don’t have?
* List 10 things that bring you joy or make you happy.
* What present can you indulge yourself with today and why did you choose that present?
* List 5 of the wisest people that you have a telephone number for. When was the last time that you communicated with them? Why did you contact them or why not?
* List 10 things that you need in order to grow into the man/woman you want to become.
* Write about the things that you need to forgive yourself for.
* List 3 negative thoughts that you are willing to let go of today.
* Write about the things most worth living for.
* How do you procrastinate?
* Something to celebrate.
* The best type of surprise.
* Music that helps you relax.
* An event that turned out differently than you planned.