

Journal Prompts

1. What's on my mind?
2. How have I been feeling lately? Why?
3. How do I want to feel?
4. What actions help me to feel this way?
5. What does my dream life look like?
6. What needs to be added to my life? Removed?
7. What does a day in my dream life look like?
8. Do my current routines support this dream?
9. How can I begin to shift more in this direction?
10. What is holding me back in life right now?
11. What limiting beliefs do I need to shift?
12. What are my top 3 goals related to this dream?
13. What drives me forward?
14. What inspires me or Who inspires me? Why?
15. How can I bring more of this into my every day?
16. How can I find happiness in my life today?
17. How can I nourish myself more moving forward?
18. What areas of my life need more love?
19. How can I nourish these areas?
20. What have I said no to recently? How does that make you feel?
21. What have I said yes to recently? How does that make me feel?
22. What do I feel most strongly about?
23. What am I most proud of?
24. What am I most grateful for? Why?
25. If tomorrow you lost everything you didn't show gratitude for today, what would your life look like?
26. What am I good at?
27. What am I afraid of?
28. When or where am I most happy?
29. What are 3 habits I want to start next month?
30. What are 3 things I want to do less often?
31. What would you tell your past self?
32. What would you tell your future self?
33. Write yourself a thank you letter.

