



Journal Prompts

FOR SELF-REFLECTION

1. WHAT'S ON MY MIND RIGHT NOW?

2. WHAT DO I NEED TO GET OFF MY CHEST TODAY?

3. WHAT DO I NEED TO HEAR TODAY? HOW CAN I UPLIFT MYSELF?

4. WHAT ADVICE DO I NEED TO GIVE TO MYSELF RIGHT NOW?
WHAT ANSWERS AM I SEEKING?

5. WHAT FEELS LIKE A STRUGGLE AT THE MOMENT?

6. WHAT HAS BEEN GOING WELL IN MY LIFE LATELY?

7. WHAT TRAITS DO I LIKE ABOUT MYSELF?
WHAT ARE MY CHARACTER STRENGTHS?

8. WHO IS IMPORTANT IN MY LIFE RIGHT NOW?
HOW CAN I SHOW THEM WHAT THEY MEAN TO ME?

9. WHAT CAN I DO TO BE KINDER TO MYSELF?

10. WHAT DO I WANT TO BE KNOWN FOR?
WHAT'S ONE THING I CAN DO TO BE INTENTIONAL ABOUT THIS?