



Using journaling prompts can help you get started with journaling or focus your thoughts while writing. Below is a list of prompts we've found helpful and inspiring.

Your favorite way to spend the day is...

What's your biggest pet peeve and why?

Make a list of 30 things that make you smile.

Make a list of everything you'd like to say "no" to.

Make a list of everything you'd like to say "yes" to.

I feel fulfilled and truly alive when:

When you're in pain-physical or emotional-the kindest thing you can do for yourself is...

One of your most important morals or values is:

Write two moments you'll never forget in your life are...describe them in great detail, and what makes them for unforgettable.

I feel happiest in my own skin when...

What does unconditional love mean and look like for you?

What is something you really wish others knew about you...

If I could talk to my teenage self, the one thing I would say is...

What are some areas of your life that you'd like to improve?

Write about some of your biggest victories and successes:

Make a list of the people in your life who genuinely support you, and who you can genuinely trust.

Three qualities I love the most about myself are...

What can you learn from your biggest mistakes?

What do you procrastinate with the most?

Write the words you need to hear to make you happy at this moment.

What's your greatest strength and why?

What always brings tears to your eyes?

How can you better take care of yourself?

In what ways do you impact others around you each day?

What are your biggest fears and how do they hold you back? How can you break through them?

The words you'd like to live by are...