

Some Journal Prompts

- What brought me to my journal today?
- What am I good at?
- What am I tolerating?
- What would I tell my past self?
- What would I tell my future self?
- How am I feeling...really?
- What does an ideal day look like?
- What makes tears come to my eyes?
- How am I showing up in the world?
- What makes me feel loved?
- What makes joy bubble up in me?
- How does my body feel right now?
- What is wisdom? In what ways am I wise?
- What's a compliment I've received, and how did it affect me?
- For what could I forgive myself?
- When do I feel most myself?
- How did I or could I make someone's world better today?
- What is something I wish people would see in me?
- What is getting in my way?
- What creates trust?
- What emotions come up for me that I can be curious about?
- What boundaries do I want to set?
- What is limiting my capacity right now?
- What's my next step? What do I need to take it?
- How can I see others more clearly?
- How can I challenge myself today?
- How can I accept
- What makes me feel inadequate? How am I actually strong in those areas?
- How will I choose myself today?
- What will the next version of myself look like?
- What is important about my relationships?
- How am I kind?
- What does wellness mean to me?