

Journal Prompts

Who are three people you are grateful for in this moment?

What are you most worried about right now?

Write about a time in your life that you felt successful.

What is your greatest strength? How do you use it?

Right now, I feel...

What is the best advice you have received?

What are three ordinary things that bring you joy?

Reverse bucket list: name 5 exciting things you have done

If you knew you could not fail, what would you do?

What parts of life have surprised you the most?

How do you define self-care?

Describe a moment in your life that you will never forget.

What is something new you want to try?

My life would be incomplete without...

Write down five affirmations.

Name a place you would like to visit. Why this place of all places?

The most fun I ever had was...

This is how I describe myself...

Finish this sentence: I would like to...

