

# Journal Prompts

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*"Journal writing, when it becomes a ritual for transformation, is not only life-changing but life-expanding."*

**Jen Williamson**

If you really want to put pen to paper, but you do not know where to start, you can use the following prompts...

## Prompts to reflect on your day.

- Whose day did I brighten today?
- Who made your day better today?
- What can I do better tomorrow?
- What gave me the most joy today?
- What did you do well today?
- What did I learn today?
- What challenge did I overcome today?

## Prompts to help you take positive action.

- For my life to improve what would have to change?
- What behaviour do you want to change in yourself?
- What would you like MORE/LESS of in your life?
- If you were your own coach, what coaching would you give yourself right now?
- What are the 3 things that would make the biggest difference in your life?
- What are 3 things you are doing regularly that don't serve or support you? How could this change?
- What activities should I do daily to have a successful future?
- What are the biggest actions you can take now to create the biggest results in your life?
- What would be the one most important and helpful thing that you could do for yourself right now?
- What do you want your life to look like 3/6/12 months from now?
- What is one small thing I can start doing that is going to have a big impact on my life?



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## Prompts to support your emotional wellbeing.

- What makes me happy and relaxed?
- What are the best things about my life?
- Write about your happiest moment...
- When am I the happiest version of me?
- When do I feel most calm? Why?
- What can I do to add some positivity into my life?
- What are the things that get in the way of your happiness?
- What are some things you can do to improve your mental wellbeing?
- What's the most rewarding part of your life?
- Describe a place where you feel most relaxed and peaceful.
- How can you better protect your own mental energy?

## Prompts to help you tackle challenges/obstacles/limiting beliefs.

- What would I do if I was not afraid?
- What is holding me back?
- What FEAR would I like to let go of?
- What is overwhelming you right now? How can you reduce this overwhelm?
- Where do you add stress to your life? How could you tackle this?
- What is worrying me, and what can I do to try and combat this?
- What can I do today to make my mindset stronger?
- What is one way I can step out of my comfort zone today?
- How would you be different if you really believed in yourself?
- What go-to coping strategies help you get through moments of emotional challenges?
- Which emotions do you find hardest to accept (guilt, anger, disappointment, etc.)? How do you handle these emotions?

## Prompts to recognise your strengths.

- What do I admire most about myself?
- What skills, talents, or competencies do you have that you are most proud of?
- Write about a time when you felt proud of yourself. What did you do?
- What is the best compliment you ever received? How did that make you feel?
- What do you like most about your personality?
- When do you feel most confident?

## Prompts to ignite passion.

- What are some things that inspire you?
- What motivates you? Who inspires you?
- What's inspiring you right now?
- What wild and crazy thing would you like to try?
- A topic you really want to learn about? How can you start learning about it?
- What activities add value to my life?
- Given enough time, where will you go and what will you do there?

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## Prompts for self-care, self-love and acceptance

- How do you forgive yourself when you make a mistake?
- What do you need to forgive yourself for?
- How can I show myself more love?
- Write about a time when you were kind to yourself. What did you do?
- How do you ask for help or support when you need it?
- How can you celebrate yourself today?
- What acts of self-care truly make me happy? How can I add more of this to my self care routine?
- Who do you need to forgive and why?
- Write about a time you laughed
- Write about a time you cried.
- Describe a time you felt lucky or fortunate.

## Prompts for deeper self discovery

- Are you living in a way that reflects the person who you want to be? If you keep living life this way would you become the person you want to be?
- If today was my last day how would I spend it?
- If you were to FULLY live your life, what is the first change you would start to make?
- How do you want to be remembered ?
- What difference do you want to make in the world?
- What is my purpose/what purpose do I serve?
- If you could travel back in time and meet yourself as a teenager, what three things would you tell yourself?
- What's REALLY important to me in life?
- What is the greatest life lesson you've learned?

## Prompts about love and relationships

- What does love mean to you?
- Write about a time when you felt supported by others. Who was there for you?
- What do you value most in relationships (trust, respect, sense of humour, etc.)
- How do you add value to those nearest to you?
- What are three things working well in your current relationship/s? What are three things that could be better?
- What are your strengths in friendships or relationships?
- Who are the people who mean the most to me?

If you feel you have a lot of conflicting thoughts to sort through, try focusing in on the most relevant question and use the relevant prompt to guide you.

Alternatively, just free flow with whatever is on your mind...

*"A journal is your completely unaltered voice."* **Lucy Dacus**

