



# Journal Prompts

Here is one month of daily journal prompts to get you started with journaling to joy. Some feel easy to write about, some are challenging (those are probably the ones you NEED to consider most!)

Set a time for ten minutes, and just start writing what comes out of you. Be honest and **don't overthink**. Write as if you are simply speaking to yourself in a conversation. Don't worry about being messy, or making sense... just *let it flow*.

1. When I'm feeling anxious or stressed, I usually \_\_\_\_
2. The most embarrassing thing that ever happened to me was \_\_\_\_ and it made me feel \_\_\_\_
3. Today, I'm afraid of \_\_\_\_ and this is why \_\_\_\_
4. Three things I would want those who love me to remember about me are \_\_\_\_
5. I failed at \_\_\_\_\_. If I had a do-over, I would \_\_\_\_\_
6. Love means to me that \_\_\_\_\_
7. I feel most relaxed when I \_\_\_\_\_
8. Five people in my life who are supportive and loving to me are \_\_\_\_.
9. Why do I say yes when I want to say no \_\_\_\_\_. Could I change that?
10. My favorite time of year is \_\_\_\_\_ because \_\_\_\_
11. If I could be anything, I would be \_\_\_\_\_
12. If I could speak with someone who has passed, it would be \_\_\_\_\_ and I would want to ask \_\_\_\_\_
13. I would like to forgive myself for the time I \_\_\_\_\_
14. If I were more confident, I would \_\_\_\_\_
15. The reason I rarely put myself first is \_\_\_\_\_. I wish I could change this because \_\_\_\_
16. What inspires me on tough days is \_\_\_\_\_
17. My favorite childhood activity was \_\_\_\_\_ because I loved to \_\_\_\_\_
18. Five things I love about myself are \_\_\_\_\_
19. I feel most irritable and anxious when I \_\_\_\_\_
20. My perfect day includes \_\_\_\_\_
21. List three times you continued to try even though the odds were against you.
22. Three things that bring me joy and why \_\_\_\_\_
23. The reason I'm exhausted is \_\_\_\_\_
24. Create a bucket list to complete or experience in the next 12 months \_\_\_\_\_
25. It deeply hurt my feelings when \_\_\_\_\_. How can I release that? \_\_\_\_
26. My mother always told me I was \_\_\_\_\_. Is that true?
27. I don't have time to \_\_\_\_\_. Is it really true? Can I make time? Do I truly want to?
28. Things I do that I wish I didn't \_\_\_\_\_. Can I change them? Why and how?
29. What tiny action can I take today that would move me toward something I dream of? \_\_\_\_\_
30. The worst day of my life was \_\_\_\_\_. One lesson I learned from it \_\_\_\_
31. Do I usually make decisions out of love or fear? Who am I trying to please most?