

# Journal Prompts



Quick reference journal prompts:

Daily Gratitude

Daily Joy

Daily Processing/Problem Solving

What would I tell my 15, 25, 35 year old self?

What do I need to hear right now?

What do I value most and why?

What is one thing I would like to improve?

How do I wish to be remembered?

What are the things I love about myself?

What does my heart/body/mind need right now?

>What is one thing I can do to honor that?

What would I do if I weren't afraid?

What is my secret dream?

What am I most afraid of?