

JOURNAL PROMPTS

Journal prompts

There are few things more intimidating than a blank page. It is all very well saying 'just start', but sometimes you might need a few suggestions to get you going. We've compiled some prompts here, so have a read through, and see what works for you

MORNING RITUALS :

Journal writing can be a nice morning activity, especially if you can have a quiet moment to yourself to think over your day ahead.

What is your morning routine, and how does it set the tone for your day?

What activities or habits make your mornings feel more positive and productive?

How do you typically feel when you wake up in the morning? Describe your current morning mindset.

List three morning rituals or activities that you genuinely enjoy and look forward to.

Reflect on what energises you in the morning. Is it a specific routine, beverage, or activity?

How do you incorporate self-care into your morning routine? Are there additional self-care practices you'd like to include?

Write down one positive intention or affirmation for your day ahead. How does this intention make you feel?

What aspects of your morning are you grateful for? It could be the sunrise, a quiet moment, or a favourite breakfast.

Identify any morning tasks that feel cumbersome or stressful. How can you streamline or simplify them?

MORNING RITUALS :

Create a list of morning affirmations that resonate with you. How do these affirmations contribute to a positive mindset?

If you engage in morning exercise, reflect on how it makes you feel. How can you make physical activity more enjoyable or varied?

If you enjoy reading in the morning, share a book or genre that you find inspiring. How does reading contribute to your morning routine?

Is there a small change you can make to your morning routine this week? How might this change positively impact your mornings?

If you interact with others in the morning, reflect on these interactions. How can you make them more positive or meaningful?

Compare your weekday and weekend morning routines. What aspects do you enjoy about each, and how can you bring weekend joys into the weekdays?

Describe how you set up your environment in the morning for a calm and positive start to the day.

Reflect on the quality of your rest and sleep. How can you improve your sleep environment or bedtime routine?

AT THE END OF THE DAY RITUALS :

Journaling at the end of the day can be a therapeutic way to process experiences and prepare for a restful night.

What were your significant accomplishments or achievements today, no matter how small?

Identify any challenges or difficulties you faced today. What lessons can you learn from these experiences?

What was the most memorable or enjoyable moment of your day? Why did it stand out?

Reflect on how you prioritised self-care today. Did you take time for relaxation and well-being?

Describe your evening routine. What activities help you wind down and relax before bedtime?

Explore the emotions you experienced today. How did they impact your overall mood and mindset?

Write about your interactions with others today. Was there a meaningful connection or conversation?

Recall any moments of mindfulness or presence today. How did you stay present in the midst of daily activities?

Set a positive intention or goal for tomorrow. What would you like to achieve or focus on?

Recognise any sources of stress or tension today. How can you address or cope with these stressors?

Reflect on your screen time and technology use in the evening. Did you take breaks from screens, and how did it affect your well-being?

Did you engage in any acts of kindness today, whether for yourself or others? How did these actions make you feel?

AT THE END OF THE DAY RITUALS :

Consider your meals today. Did you eat mindfully, and how did your food choices impact your energy levels?

Take a moment for deeper self-reflection. How do you feel about your overall growth and progress in life?

Did you engage in any creative activities today? How does creativity contribute to your overall well-being?

Assess your daily routine. Are there areas where you can make positive changes or optimisations?

Express gratitude for the challenges you faced today. How did these challenges contribute to your growth?

Write a brief note to yourself, summarising your day and expressing any final thoughts or sentiments.

GRATITUDE JOURNEY:

As you navigate the pages of your journal, exploring moments of gratitude helps cultivate a mindset of appreciation.

List three things you're grateful for today and why.

Recall a challenging situation; what positive aspects or lessons can you find in it?

Find a quiet place, observe your surroundings, and note down five things you hadn't noticed before.

Reflect on a recent accomplishment. How did it make you feel, and what strengths did you tap into?

Describe your favourite thing to do when you're feeling low. How does it lift your spirits?

Select a quote that resonates with you. Explain why it speaks to you and how you can apply its wisdom in your life.

Write a letter to your future self, imagining where you want to be in one, five, or ten years. What advice would you give your future self?

CHALLENGING BELIEFS AND IDEAS :

These prompts cover a range of topics if you really want a challenge with your writing. Things could get intense, so remember you are suppose to enjoy this process. Don't write about anything you don't want to.

Describe a skill or hobby you've always wanted to explore. What's stopping you, and how can you overcome those barriers?

Write about a recent moment when you surprised yourself positively. What did you learn from that experience?

Explore an opinion you held in the past that you've since questioned or changed. What prompted this shift?

List three personal beliefs you're willing to reconsider or further explore.

Finish the sentence: "My life would be incomplete without..."

Describe significant life events that helped shape you into the person you are today.

Reflect on when you trust yourself the most and when it's harder to have faith in your instincts.

List three things you'd like others (loved ones, potential friends, partners, etc.) to know about you.

Explore the difficult thoughts or emotions that surface most frequently for you. What triggers them?

Identify which emotions are hardest for you to accept (guilt, anger, disappointment, etc.) and how you handle them.

Explore your current emotions. What triggered them, and how can you navigate or express them positively?

Write a letter to yourself expressing kindness and understanding, especially during challenging times.

List three things you've always wanted to do or achieve. What steps can you take to make progress toward those goals?