

Journal Prompts

EVENING REFLECTION

- Why was today a good day, or a bad day?
- What did I do today that I wish I did differently?
- Did I step out of my comfort zone today?
- What was the most delicious thing I ate or drank today?
- Did I meet anyone new today?
- Who was the most inspirational person I met today?
- What was the best conversation I had today?
- Why did I choose my outfit today?
- What will I do tomorrow that I did not do today?
- What will I do tomorrow that I did do today?
- How was my energy level today?
- Did I eat healthy today?
- How did I feel about the weather today?
- Did I have any meaningful phone conversations or text messages today?
- What was the best thing I smelled today?
- Is there anyone I wish I spoke to today?
- What was my favorite purchase today?
- Did I do anything kind for another person today?
- Did I ask anyone for a favor today?
- What are my goals for tomorrow?
- Did I read anything interesting today?
- Did I witness any acts of kindness today? How did they make me feel?
- Did I encounter any animals today?
- What made me feel anxious today?
- Did I feel angry at any point during the day? Why?
- At any point during my day did I feel uncomfortable?
- What made me laugh today? Did I make anyone else laugh?
- What am I most grateful for today?
- Was today productive?
- How can I make tomorrow a more productive day?
- Did anything scare me today?
- How did today compare to the same day last week?