

Journal Prompts

MINDFULNESS

- What is my best quality?
- What am I grateful for today?
- What do I value most?
- Who inspires me the most?
- What am I good at?
- What challenges did I endure this week?
- What goals did I accomplish recently?
- How do I feel in this present moment?
- How do I live in the present?
- How do I practice "less is more"?
- Do I fear death?
- What positive habits would I like to form?
- Where do I find joy?
- Am I fortunate?
- How can I be a better person?
- Do I make things more difficult than they need to be?
- What is the enemy of happiness?
- How do I deal with pain?
- How do I deal with negative people?
- Do people see me as a positive person?
- Do I think before I act?
- Am I an angry person?
- What do I fear most?
- How can I simplify my life?
- How can I better manage stress and anxiety?
- Do people consider me a good friend?
- Do I have any rituals?
- How do I maintain peaceful relationships?
- Am I clear about my intentions?
- Am I a rational person?
- How can I be more productive?
- How do I react when I am wrong?
- Do I prefer quality over quantity?
- How can I make tomorrow a good day?
- How do I feel when others judge me?
- How can I be a better listener?
- Am I a calm person?
- How do I show others that I care for them?
- When was the last time I did a good deed?
- Do I look out for others?
- Am I a follower or a leader?
- Is life long or short?
- What are 3 things I cannot live without?
- What made me smile today?
- What makes me unique?