

# Journal Prompts

## FOR BEGINNERS

- Where do you see yourself in 5 years?
- Where would you prefer to be right now, and why?
- If you could be a character in any story, who would it be?
- What is my happiest memory?
- What is my biggest fear, and why?
- Who was the best teacher you've ever had?
- If you could spend the day with anyone (dead or alive), who would it be?
- Is it possible to buy happiness?
- What is your favorite movie, and why?
- What is your favorite holiday, and why?
- If you could be invisible for one day, where would you go?
- What makes you feel safe?
- If you could have one superpower, what would it be?
- What is one thing you wish you could learn, and why?
- What is your favorite season of the year, and why?
- What is your idea of a perfect evening?
- If your pet could talk, what would you chat about?
- What is the best party you've ever been to?
- If you owned a store, what would you sell?
- Do you believe in ghosts?
- Who do I enjoy being around?
- What is the most courageous thing I have ever done?
- Why is it difficult for me to make friends?
- What makes me nervous?
- What does success mean to me?
- What does love mean to me?
- Am I a follower or a leader?
- Who is my role model?
- What is my favorite family tradition?
- If I could be anyone in history who would it be?
- Do I consider myself a lucky person?
- What advice would I give my former self?
- If I had to give up one of my senses, what would it be?
- Do I like it when people compliment me?
- How do I feel about the busy city?
- When am I most productive?
- Do I like to follow the rules?
- Do I embarrass easily?
- How do I feel when it's my birthday?
- Who is my best friend, and why?
- How do I practice self-care?
- How have I stepped out of comfort zone recently?
- Am I a competitive person?
- What is my biggest regret?
- If I could be any animal, which would I choose?
- What is my earliest memory?
- If I could describe myself in 3 words, what would they be?
- What would my dream job be?
- If I could open a storefront, what would I sell?



# 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?



# Journal Prompts

## FOR COUPLES

- If you could describe your partner in 3 words, what would they be?
- How does your partner show they care for others?
- What is one thing your partner cannot live without, and why?
- What 3 qualities do you admire in your partner?
- How has your partner changed over the last year?
- How does your partner inspire you to be a better person?
- What is something your partner has convinced you of?
- What is your partners love language? What is your love language?
- What do you miss most about your partner when you are not together?
- How would your life be different if you never met your partner?
- What is 1 item of clothing your partner owns that you wish you could get rid of?
- Is your partner a rational person, or more emotional?
- How do you feel about your partners occupation?
- How do you feel about your partners best friend?
- If your partner wanted to move across the country, what would your reaction be?
- Is your partner introverted or extroverted?
- How does your partners personality compliment your own?
- What were your favorite moments during your first date?
- Name a time your partner surprised you or caught you off guard.
- Name a time your partner cooked something terrible. How did you react?
- Describe what you imagine your partners dream date would be like.
- How has your partner made you feel special in the last week?
- When was the last time your partner stepped out of their comfort zone?
- If you and your partner could both be invisible together, where would you go?
- How does your partner take compliments?



# 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?