Journaling Prompts

1. Write a journal entry about your first week (month, year, etc) of journaling.

2. What is 1 goal you can achieve this month? Write about it.

3. What do you hope to achieve by having a journal?

4. Write the first thing that comes to mind with a 5-year plan.

5. Where do you want to be in 10 years?

6. Are you happy in your life right now?

7. What do you feel would bring you peace?

8. Describe your ideal self-care routine. How can you make this happen?

9. What is a challenge currently holding you back in life?

10. Detail a memory you really want to hold onto.