

Journaling Prompts

@planwithlysse

Write down an entire list of what you are worried about.

Write down a few little memories from this week that made you smile that you would have otherwise forgotten.

What is a challenge that you have overcome recently that you need to give yourself credit for

What are 3 things you accomplished today (or yesterday) that you are proud of and need to pat yourself on the back for?

What are some ways you could spend quality time with family and friends in the upcoming month

When I'm in pain — physical or emotional — the kindest thing I can do for myself is...

If I could talk to my teenage self, the one thing I would say is...

What do I know to be true that I didn't know a year ago?

When do I feel most in tune with myself?

If someone described me, what would they say?

Things you've done that you previously thought you could never do.

What was your childhood dream and why? What happened to that dream and why?

When you think about your future, what do you fear the most?

True or False: "I know how to stick up for myself." Explain your answer.

You are feeling down. What do you do to cheer yourself up?

Using 10 words, describe yourself.

Describe a time you were radiantly happy. What do you value most in that memory?

What is the nicest thing someone has ever said about you?

Think about a friend or family member who's been extra nice to you lately. List five reasons you have to thank them.

Describe a family tradition that you are most grateful for.

Do you consider yourself to be an optimist? Why or why not?

Who is the most positive person you know? How do you feel when you are around him or her?

What inspires you to be a better person? Why?

Think about something you love doing. Write why you're grateful for it.

Write the things you love most about the evening.

I really wish others knew this about me...

What are some areas of your life in which you are too harsh with yourself

What is something you would improve about how today went?

Choose a mantra that you want to keep with you for a while.

5 things I am looking forward to this week...