

January Journaling Prompts

@planwithilysse

Today, I am thankful for

I'm most proud of...

My favorite body part is...

What is something I need to let go of? Why am I holding onto it?

What are 3 things about yourself you wish others knew?

Choose an inspirational quote for the week.

What was the biggest silver lining of 2020?

What am I interested in learning more about?

What is bothering me right now?

List 5 things you're really good at

What did I learn today?

What values are most important to me?

What's not working in your life right now?

Who is my greatest supporter?

Who in my life can I support more?

How can I prepare better for tomorrow?

What's an inspiring song lyric that I love?

What hurts right now? How can I heal it?

Write about how you're doing. Right now. Don't censor. No need for complete sentences. Just spill.

I know I'm strong enough to handle whatever comes at me, because I've survived a lot, including...

Today, I choose to let go of the things I can't control, including...

What is my biggest strength?

When you were younger, what did you want to be when you grew up and why?

If you decided right now that you had enough money, and that you would always have enough, what would you do with your life?

What skill do you want to learn? How can you start?

If you had 3 wishes, what would I wish for?

What do you need less of in your life?

What do I need more of in your life?

If you could talk to anyone dead or alive, it would be..... because

What are you most grateful for in your life? List at least 5 things.

Who do you look up to the most? Why?