

April Journaling Prompts

@planwithilysse

What am I most looking forward to this month?	Today, I'm grateful for...	What is one thing I wish I could change?	What's a quality I love about myself?	What's a way my anxiety has held me back recently?
What is something I need to let go of?	What are some self-care ideas for when I'm feeling overwhelmed?	What is something I look forward to every single day?	When was the last time I made someone else's day better?	When was the last time someone made my day better?
If I could make one promise to myself it would be...	What new goal can I set for today?	What is going really well in my life right now?	What can be improved in my life right now?	Write down the best things that happened in March
Who are 5 people I look up to the most?	What activities trigger my anxiety?	The next time I'm feeling anxious, I will...	List three positive things that happened today.	How can I be more mindful of others?
What's something I can do for self care today?	Who can I reach out to when I'm having a tough time?	What's something I've done recently that I'm proud of?	What is one thing that I'd like to be different by this time next year?	I couldn't imagine living without...
When I'm in pain — physical or emotional — the kindest thing I can do for myself is...	I feel happiest in my skin when...	True or False: "I know how to stick up for myself." Explain..	What is my favorite rainy day activity?	What did I accomplish in the last week?