50 Journaling Prompts

1. What would be most helpful to hear from yourself today?
2. Right now, I feel challenged by __________. I feel supported when __________.
3. Nature Journal: What plants, animals, insects, rocks, etc. have you seen recently?
4. “Alphabet poem”—Starting with A, begin each new line with the next letter in the alphabet
5. “5 minute sprint”—Set a timer for 5 minutes and keep your pen moving till the alarm rings
6. Today I am proud of myself for __________
7. I am thankful that I ___________
8. The things that help me the most right now are __________
9. I remember feeling ___________
10. Make a list of 20 emotions/thoughts/feelings that are “on your mind” right now
11. What past challenge has turned out to be a gift in disguise (even if it’s still painful)? Why? What was the silver lining?
12. How did I transform a stressful/difficult experience into an opportunity for my own growth?
13. What do I want my life to FEEL like?
14. Imagine your anxiety/fear as a monster and write a story about it
15. Imagine your favorite fictional character has the same problems as you and write about how they would address them
16. Dear Past Me . . .
17. Dear Future Me . . .
18. Write a letter of forgiveness to yourself.
19. Write a love letter to yourself.
20. Write a list of 10 things you want to remember during difficult times.
21. Physically, how do you feel right now?
22. Write about something that is frustrating to you.
23. Write about something that truly surprised you.
24. Fill a page with things that make you happy.
25. Describe a time when you were challenged. How did you get through it? What did you learn about your strengths?
26. What gets you fired up? What are you passionate about? This can be something that gets you excited or something that gets you angry.
27. Who do you look up to for inspiration? What qualities do you like best about that person?
28. What would other people say is your superpower? What do others look to you for?
29. What is one thing you learned this week that you want to remember?
30. My favorite way to spend the day is...
31. When I’m in pain — physical or emotional — the kindest thing I can do for myself is...
32. What I really wish others knew about me is...
33. If my body could talk, it would say...
34. Make a list of everything you’d like to say no to.
35. Make a list of everything you’d like to say yes to.
36. The most inspirational person in my life is _______ because...
37. Think of a real or an imaginary place where you feel safe and at peace. Create that place in your mind and write a detailed description of it using all your senses.
38. What’s been bugging me lately?
39. The last time I felt this way, I...
40. What is something I need to let go of? Why am I holding onto it?
41. What is something I’ve been wanting to do but have been too afraid to try? Why am I afraid?
42. I am unique and beautiful because _______.
43. What was the most challenging part of today? How did you get through it?
44. What do I need more of in my life?
45. Write about an activity, place or practice that makes you feel alive.
46. If one more day was added to the week, what would you do with it?
47. My most treasured values are...
48. I can handle uncertainty by...
49. I want to tell someone that...
50. If someone I loved told me they were struggling, I would tell them...