

01 / january journaling prompts

- 01 Describe three moments from the holidays that you wish to remember.
- 02 What's one thing that you hope to achieve or accomplish this year?
- 03 What is your family's Christmas story? (Your traditions, your rituals, etc.)
- 04 Describe your bedtime ritual.
- 05 What are three things that bring you joy in life?
- 06 What was the last movie you watched, and did you like it?
- 07 Is there any hurt or pain lingering in your heart right now?
- 08 What song(s) or tune(s) do you find yourself singing unconsciously?
- 09 What do you miss the most about being young(er)?
- 10 What's a good book that you've read recently.
- 11 Describe a moment from today that you want to remember always.
- 12 Who was the last person to make you laugh? What did they do or say?
- 13 Describe one recent dream that you've had.
- 14 Have you ever felt trapped or suffocated?
- 15 What is your favourite meal to cook, and why?
- 16 When does your family usually take down holiday decorations? Who does it?
- 17 What happened today at 10am?
- 18 Where were you born? Have you been back there since?
- 19 Write down five things about your mother that you are most grateful for.
- 20 What's your relationship like with your siblings?
- 21 How do you feel about the dark?
- 22 When you were little, where was your favourite place to hide?
- 23 What is your current go-to outfit, and why?
- 24 Describe what dinnertimes were like when you were little?
- 25 Is there something that you'd like to change about your life right now?
- 26 How do you usually respond to conflict and confrontation?
- 27 Who are the people you spend the most time with these days?
- 28 How are you feeling today?
- 29 What are three things from this past month that have been hard?
- 30 What are three things from this past month that you're happy about?
- 31 What is your favourite thing about weekends right now?

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