

Prompts for Journaling

These prompts are simply ideas. They can be considered individually or as a group to help you amplify the moments and choices of your life.

Date:

My inspirational word or quote for today is:
My goal for today is:
Today, I learned:
Today, I feel gratitude for (be specific):
One strength I used today is:
One way I could be more compassionate with myself or others is:
One experience that was really meaningful to me today was:
One thing I could do differently tomorrow is:
Other thoughts: