

# Daily Journal Prompts for a Calmer Life

1. What is one thing I'm grateful for today?
2. How did I feel when I woke up this morning?
3. What is one small win I had today?
4. What's one thing I did today that made me feel good?
5. Did anything challenge me today? How did I handle it?
6. What can I let go of right now to feel lighter?
7. What's one thing I want to focus on tomorrow?
8. How did I take care of myself today—physically, mentally, emotionally?
9. What did I learn about myself today?
10. What's one word that describes my day?

*Take a few moments each day just for you—reflect, breathe, and reset.*