Daily Journal Prompts for Healthcare Workers

1. What moment today reminded me why I chose healthcare?

2. How did I support a patient or coworker today?

3. Was there a moment I felt overwhelmed? What helped me through it?

4. What part of my shift made me feel proud?

5. How did I practice self-care before, during, or after work?

6. Is there anything I need to release from today?

7. What can I carry into tomorrow to feel stronger?

8. How did I maintain compassion—toward others and myself?

9. What did I learn today that I want to remember?

10. Describe one positive patient interaction or outcome today.

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