

30-DAY JOURNAL PROMPTS

MONTH 1



WHAT KIND ARE YOU HAVING TODAY?



WHY ARE YOU PROUD OF YOURSELF?



LETTER TO YOUR FUTURE SELF



LETTER TO THOSE YOU LOVE



LETTER TO PAST SELF



HAPPIEST MEMORIES



POSITIVE AFFIRMATIONS



WRITE ABOUT YOUR GOALS



ENVISION YOUR FUTURE



A CHALLENGE YOU HAVE OVERCOME



WHAT YOU LOVE MOST ABOUT YOURSELF



WRITE ABOUT YOUR BIGGEST MOTIVATION



HAPPY CHILDHOOD MEMORY



A TIME YOU FELT SAFE



THE LAST THING YOU CELEBRATED



YOUR 5 BIGGEST STRENGTHS



2 THINGS YOU ARE MOST GRATEFUL FOR



HOW TO PRACTICE SELF-CARE DAILY IN MY LIFE?



WHERE DO YOU WANT TO BE IN 10 YEARS TIME?



WRITE ABOUT SOMEONE YOU ADMIRE



WRITE ABOUT YOUR DAILY ROUTINE



YOUR FAVE QUOTE & WHY



WHERE WERE YOU 10 YEARS AGO?



WHAT DOES YOUR HEART LONG FOR?



WHAT WOULD YOUR DREAM DAY BE?



WRITE ABOUT YOUR FAVORITE PLACE IN THE WORLD



SHARE YOUR VALUES & WHY THEY MATTER



WRITE ABOUT WHEN YOU FEEL CONFIDENT



WRITE A THANK YOU NOTE TO SOMEONE



WRITE ABOUT SOMEONE THAT INSPIRES YOU

OWN YOUR DREAMS

