

Daily Journal

Choose any of these prompts to help with getting a journal started.

WHAT WOULD MAKE TODAY GREAT?

LIST 3 THINGS YOU ARE GRATEFUL FOR...WHY ARE YOU GRATEFUL FOR THEM?

WHAT SKILL/TALENT DO YOU POSSESS THAT MAKES YOU FEEL PROUD?

NAME 3 THINGS ABOUT NATURE THAT YOU ENJOY.

DESCRIBE 3 PLACES IN NATURE THAT FEEL GOOD TO YOU.

WHAT DID YOU LEARN TODAY (OR YESTERDAY)?

WHAT WAS THE BEST PART OF THE DAY TODAY (OR YESTERDAY)?

LIST AND DESCRIBE 3 THINGS YOU LIKE ABOUT YOURSELF.

WHO ARE YOU GRATEFUL FOR IN THIS MOMENT? WHY?

WHAT CAN YOU DO TODAY TO TAKE BETTER CARE OF YOURSELF?

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