JOURNALING PROMPTS

A gentle practice for gratitude, self-awareness, emotional well-being, and personal growth.

1. Gratitude & Well-Being

- What are three things, large or small, that went well today?
- Who am I grateful for, and why?
- What is something I have now that I once hoped for?
- What is something about my body, health, or life that I appreciate today?
- What do I often take for granted that I want to appreciate more?

2. Daily Reflection

- What was the most surprising moment of today?
- What challenged me, and how did I respond?
- What is one thing I learned today?
- If I could approach one moment differently, what would I change?

3. Emotional Awareness

- What has been weighing on my mind lately?
- Did I honor my healthy boundaries today?
- What can I release that is outside of my control?
- How can I show myself more grace tomorrow?

4. Personal Growth Mindset

- Where am I growing, even if the progress feels small?
- What belief about myself am I ready to challenge?
- What did today's challenges teach me?
- What small step can I take toward the person I want to become?
- What would I do differently if I walked in confidence a little more?

5. Connection & Relationships

- Who made a positive impact on my day?
- Did I feel connected to the people around me?
- Is there a conversation I need to have or something I need to express?
- What qualities do I value most in the people in my life?
- How can I be more present with the people I love?

6. Intentions for Tomorrow

- What is one thing I want to prioritize tomorrow?
- What small action can I take to support my well-being?
- What can I do tonight to make tomorrow easier?
- What can I let go of before ending my day?

A SIMPLE 5-MINUTE DAILY JOURNAL

You don't have to answer every prompt each day. Choose one or two that resonate with you.

1. Three things I'm grateful for:

2. What went well today?

3. Something I learned today:

4. How did I grow or respond to a challenge?

5. My intention for tomorrow:

6. What is one small thing I want to focus on?

Journaling isn't about having perfect answers. It's about making space to notice your thoughts, appreciate your progress, and understand yourself a little better each day.